



The Senior Sentinel

April 2022

MORBID CURIOSITIES An Evening with Edgar Allan Poe

Date: Wednesday, April 20th Time: 7:00 pm



Wow ! We can finally offer this great program. Join us for a fun night out. The master of Gothic horror comes from beyond the veil to talk with audiences about his life and share his best stories and poetry, including "The Masque of the Red Death," "The Raven," and "The Tell Tale Heart."

Darrin Crow tells powerful, imaginative, engaging stories that keep audiences on the edge of their seats and stick with them long after the tale ends. His crowd-pleasing first person presentation of Poe's life and work is turning twenty! Over the last two decades, the show has brought audiences in again and again. Poe's powerful writing and Crow's masterful storytelling combine to create a memorable evening!

Call the Front Desk to Register 608-831-2373

Explore Nature Series

First Class Date: Wednesday, April 27

Time: 1:00-2:30 Cost: \$35*



Community members of all ages who enjoy Pheasant Branch Conservancy are invited to join the celebration of the 26th Anniversary of the Friends of Pheasant Branch Conservancy.

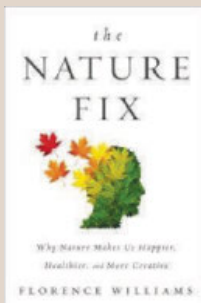
At the senior center, we will celebrate with a series of reflective writing sessions about nature along with field trips to Pheasant Branch Conservancy and other area parks to help spark connection and creativity.

All meetings will be scheduled outdoors, with an alternate room reserved at the senior center.

Troy Michael Hess, a writing consultant and teacher, will be leading this series of activities.

Series Schedule:

- ◆ **April 27** - The Nature Fix, a book discussion
- ◆ **May 25** - Urban Nature Appreciation
- ◆ **June 22** - Mary Oliver and the Art of Observation in Nature
- ◆ **July 27** - Seniors Create: Watershed of Words Postcard Poem
- ◆ **August 24** - Nature Memories
- ◆ **September 21** - Nature Journal to Poem



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

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8:00 – 4:30, Monday - Friday
608-831-2373



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.

Informal Genealogy Group

Join us for this new 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 us so we can share your information with the group if you're interested. Thanks *Camela* Volunteer coordinator.

Coming Up in May / June

Watch for more about our Travel , Traditions & Tales Series with *Joe Fahney* beginning June 16th

Jessica Michna will be joining us a
Mary Todd Lincoln a Widow Forgotten
Hip Hop Dance Exercise , *Lisa Koenecke* LGBTQ 101
More To Come

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!*

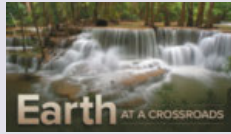
6720 Century Ave. in Middleton

(608) 836-8900



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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

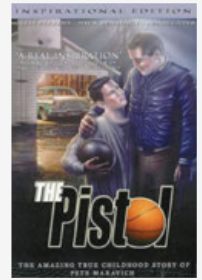
Movie #1

The Pistol [Inspirational Edition] (2011)

Friday, April 8 at 1:00

G, Biography, Drama, 1h 30m

Millie Perkins, Nick Benedict, Adam Guier, Murrell Garland, Tom Lester, Buddy Petrie



Biography of pro basketball player "Pistol" Pete Maravich, who died suddenly in 1988 at age 40 from a heart attack.

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

Middleton Public Library will be at Middleton Senior Center 12:15-1:00 pm on **April 8**. They will offer a small collection of material related to "The Pistol," which will be available to borrow. Bring your library card or get one before the movie begins.

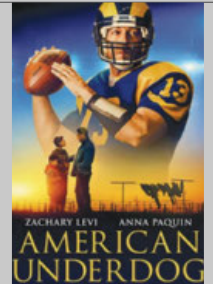
Movie #2

American Underdog (2021)

Friday, April 22 at 1:00

PG, Biography, Drama, 1h 52m

Zachary Levi, Anna Paquin, Hayden Zaller, Ser'Darius Blain, Dennis Quaid



The story of NFL MVP and Hall of Fame quarterback Kurt Warner, who went from stocking shelves at a supermarket to becoming an American Football star.

Doc Mordecai Musical Challenge

Wednesday, April 13 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.



Masks are Strongly Recommended when visiting the Senior Center

Please come to the Front Desk and sign in. This helps us keep track of the numbers of people using our services. If you need a swipe card just ask and we can sign you up for one. Thank you

**Concerned about Medicare fraud?
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www.smpwi.org

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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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APRIL 2022

1 - Friday April Fool's Day
Egg Salad Mixed Greens Copper Penny Salad Applesauce Pudding

MO: Veggie Stew NCS: SF Pudding

4 - Monday	5 - Tuesday	6 - Wednesday	7 - Thursday	8 - Friday
Cheeseburger Calico Beans Potato Salad Fruit Cocktail Cookie MO: Black Bean Burger NCS: SF Cookie	*Meatballs in Marinara Over Penne 4 Bean Salad Peaches Brownie MO: Veggie Meatballs in Marinara NCS: SF Pudding	Bone-in BBQ Chicken Baked Potato Banana Apple Pie Bar MO: Veggie BBQ Chick'n NCS: Spiced Applesauce	Rustic Tomato Bean Soup Caesar Salad Pineapple Strawberry Jell-O MO: Veggie Tomato Bean Soup NCS: SF Jell-O	Fish Sandwich Yams Peas Pears Loaf Cake MO: Pita & Hummus NCS: SF Pudding
11 - Monday	12 - Tuesday - Nat'l Grilled Cheese Day	13 - Wednesday	14 - Thursday	15 - Friday
Roast Turkey in Gravy Cranberry Stuffing 3 Bean Salad Yam Bake Pears Pumpkin Bar MO: Veggie Chick'n in Gravy NCS: Spiced Apples	Chili Baked Potato  Cornbread Warm Cinnamon Spiced Apples Cookie MO: Veggie Chili NCS: SF Cookie	*Pork Loin in Gravy Mashed Potatoes Peas Mandarin Oranges Fruit Crisp MO: Garden Burger NCS: SF Pudding	Traditional Meatloaf Baked Potato Casserole Broccoli Chunky Applesauce MO: Garden Wrap NCS: N/A	Lemon Dill Baked Fish Baked Potato Coleslaw Loaf Cake MO: Egg Salad NCS: SF Jell-O
18 - Monday	19 - Tuesday	20 - Wednesday	21 - Thursday	22 - Friday
Chicken a la King Brown Rice Capri Blend Broccoli Salad Fruit Cocktail Cookie Bar MO: Soy a La King NCS: SF Pudding	Meat Sauce Spaghetti Noodles Carrots Mixed Greens Peaches Brownie MO: Marinara w/ Soy NCS: SF Jell-O	*Italian Sausage Roasted Potatoes Stewed Tomatoes Mandarin Orange Ice Cream MO: Multigrain Burger NCS: SF Ice Cream	Chicken Broccoli Rice Casserole Carrots Chickpea Salad Tropical Fruit Loaf Cake MO: Veggie Chick'n Broccoli Rice Cass. NCS: SF Cookie	*Meatballs in Gravy Mashed Potatoes Mixed Greens Mixed Fruit Pudding MO: Veggie Meatballs in Gravy NCS: SF Pudding
25 - Monday	26 - Tuesday Pretzel Day	27 - Wednesday	28 - Thursday	29 - Friday
Bone-in Garlic Parm. Chicken Stewed Tomatoes Spinach Casserole Peaches Lemon Bar MO: Veggie Garlic Parmesan Chick'n NCS: SF Cookie	Beef Stew Corn Chunky Applesauce Banana Bar  MO: Soy Beef 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 Brussels Sprouts Kidney Bean Salad Mixed Fruit Cookie MO: Hummus Wrap NCS: SF Cookie	Pot Roast in Gravy Garlic Herb Mashed Potatoes Carrots Pineapple Tidbits Pumpkin Bar MO: Black Bean Burger NCS: SF Jell-O

Senior Dining



Fellowship, Food & Fun

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



Salad Options for April 2022

April 5

Hummus Platter

Pita wedges, hummus, roasted vegetables and mixed green garnish. **Dressing:** None

Meal Items Included: Peaches, Brownie

April 12

Tuna Salad

Mixed greens topped with tuna salad, tomato, and cucumber. **Dressing:** None

Meal Items Included: Cornbread, Warm Cinnamon Spiced Apples, Cookie

April 19

Chicken Cranberry Bacon Bleu Salad

Mixed greens topped with diced chicken, bacon crumble, dried cranberries, bleu cheese crumbles and croutons. **Dressing:** Balsamic Vinaigrette **Meal Items**

Included: Peaches, Brownie

April 26

Harvest Salad

Mixed greens topped with beets, garbanzo beans,

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.



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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.



CL Climate Change Program

Special Guest Bob Lindmeier

Date: Thursday, April 7th Time: 7pm

WKOW Ch. 27 Meteorologist, Bob Lindmeier, talks with us at 7:00 p.m. on April 7th Please sign up and join us for a wonderful evening out. Through slides and other visual aids, Mr. Lindmeier will explain climate change and climate science in interesting ways. Mr. Lindmeier has a B.S. in meteorology from the University of Wisconsin-Madison. In addition to broadcasting for Ch. 27, Mr. Lindmeier works for newspapers and local radio stations. He has three decades of experience forecasting Wisconsin.

Call 608-831-2373 to register

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

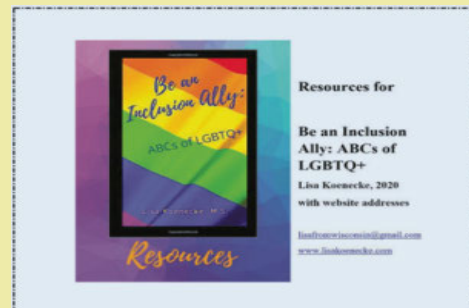
Stepping On has been researched and proven to reduce falls by 30%!

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

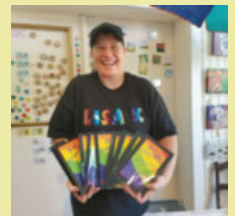


Guest Speaker Lisa Koenecke LGBTQ 101

Date: Wednesday, May 25 Time: 2:00pm

As an experienced and energetic Diversity, Equity, and Inclusion (DEI) professional speaker and facilitator, Lisa specializes in counteracting unconscious bias and LGBTQ+ inclusion in business. Her impact is amplified through strengthening each person's allyship. Lisa will provide special insight and encourage support of the LGBTQ+ population.

Call 608-831-2373 To Register



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

Please tell us how we're doing. Your feedback is what helps us 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: The Senior Center

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).

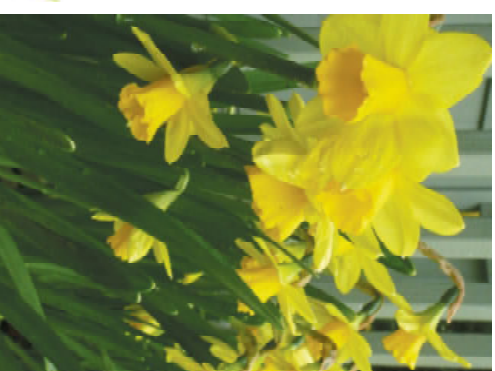


DR. Mordecai's Marvelously Mysterious Mental Musings : May Flowers (and Herbs)

Date: Friday , May 6th **Time:** 12:30

April showers bring May flowers. And here we are –May. Of course ,Dr. Mordecai loves to stop and smell the flowers. But more than that, Dr. Mordecai likes to head into the kitchen and attempt to concoct new herbal treatments for some of humanity's most hopeless conditions: sagging skin, inattention, fear of math, bad taste. Dr. M believes there is a fortune to be made here, but for this month's musings, join the doctor for a session on Herbal and alternative treatments for mental health—what we know and what we don't know. Prepare to be disappointed by the research. Alas.

<p>18</p> <p>9:00 Carving 9:00 Scrabble</p> <p>9:00 Spanish</p> <p>10:00 Cribbage 10:00 Bakery</p> <p>10:00 Mary on Piano</p> <p>10:30 Chair Yoga 11:30 Lunch</p> <p>12:00 Silver Divas</p> <p>12:30 Open Cards 12:30 Bridge</p> <p>12:30 Pinochle 12:30 Wii Sports</p> <p>4:00 Commission on Aging</p>	<p>19</p> <p>8:00 Newsletter Assembly</p> <p>9:00 Spanish</p> <p>10:00 Mah Jongg-Bams</p> <p>10:30 Video Lecture</p> <p>11:30 Lunch 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>20</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 Spanish</p> <p>1:00 Stamp Camp with Terry</p> <p>7:00 Morbid Curiosity Performance</p>	<p>21</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>1:30 Ageless Grace class</p>	<p>22</p> <p>9:00 Strength & Flexibility</p> <p>9:00 Rummikub 9:00 Scrabble</p> <p>9:00 Stepping On</p> <p>10:00 Chair Yoga</p> <p>10:00 Doc Mordecai's Music</p> <p>10:30 Video Lecture</p> <p>11:00 Gadget Guru</p> <p>11:30 Lunch 12:00 Poker</p> <p>12:30 Open Cards 12:30 Pinochle</p> <p>1:00 Movie #2</p>
<p>25</p> <p>9:00 Carving 9:00 Scrabble</p> <p>9:00 Spanish</p> <p>10:00 Cribbage 10:00 Bakery</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 12:30 Bridge</p> <p>12:30 Pinochle 12:30 Wii Sports</p>	<p>26</p> <p>9:00 Spanish</p> <p>9:00 eReader Appointments</p> <p>10:00 Mah Jongg-Bams</p> <p>10:30 Video Lecture</p> <p>11:30 Lunch 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>1:00 Genealogy 1:00 Mending</p> <p>2:30 Tai Chi</p>	<p>27</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>12:30 Puzzles & Podcasts</p> <p>1:00 Euchre</p> <p>1:00 Foot Care</p> <p>1:00 Spanish</p> <p>1:00 Explore Nature Series</p>	<p>28</p> <p>9:00 Middleton Jazz</p> <p>10:00 Cribbage</p> <p>10:00 Caregiver Support Group</p> <p>10:00 Social Seniors</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>1:30 Ageless Grace class</p>	<p>29</p> <p>9:00 Strength & Flexibility</p> <p>9:00 Rummikub 9:00 Scrabble</p> <p>9:00 Stepping On</p> <p>10:00 Chair Yoga</p> <p>10:00 Doc Mordecai's Music</p> <p>10:30 Video Lecture</p> <p>11:30 Lunch 12:00 Poker</p> <p>12:30 Open Cards</p> <p>12:30 Pinochle</p> <p>12:30 Dr. Mordecai's Musings</p>



91

Monday

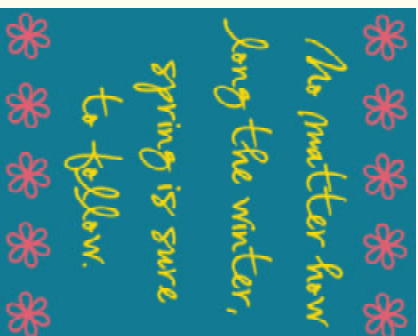
Tuesday

Wednesday

Thursday

Friday

APRIL



1
 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

4 8:00-4:00 Tax Appointments

9:00 Carving **9:00** Scrabble
 9:00 Spanish
 10:00 Cribbage **10:00** Bakery
 10:00 Mary on Piano
 11:15 AuerStone
 11:30 Lunch
 12:00 Silver Divas
 12:30 Open Cards **12:30** Bridge
 12:30 Pinochle **12:30** Wii Sports

5

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

6

9:00 Strength & Flexibility
 9:30 Social Seniors
 9:30 AI Anon
 10:00 Mystery Book Club
 11:30 Lunch
 1:00 Euchre **1:00** Foot Care
 1:00 Spanish

7

8:00-4:00 Tax Appointments
 9:00 Middleton Jazz
 10:00 Cribbage **10:00** ADAW
 11:30 Lunch
 12:30 Open Cards
 12:30 Nimble Fingers
 12:30 Queen of Spades
 1:00 Stitchers (online)
 7:00 pm Climate Change with
 Bob Lindmeier

8

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

11

8:00-4:00 Tax Appointments
 9:00 Carving **9:00** Scrabble
 9:00 Spanish
 10:00 Cribbage **10:00** Bakery
 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

12

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 Open Cards
 12:30 Mah Jongg-Dots
 1:00 Casual Chess
 1:00 Genealogy **1:00** Mending
 2:30 Tai Chi

13

9:00 Strength & Flexibility
 9:30 AI 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

14

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 class

15

9:00 Strength & Flexibility
 9:00 Rummikub **9:00** Scrabble
 9:00 Stepping On
 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

Puzzles & Podcasts

Fourth Wednesday (April 27) — 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

Stamp Camp with Terry

Wednesday, April 20, 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.

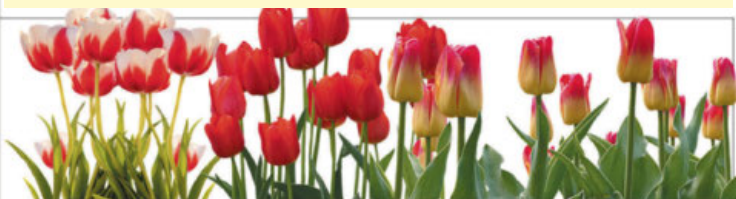
APRIL IS VOLUNTEER MONTH

April is a time to celebrate all the wonderful volunteers at the Middleton Senior Center. If your looking to get out of the house after the last couple of years volunteering could just be what your looking for.

Our Current Needs include ;

- ◆ Mah Jongg Instructor . We have active mah-jongg groups on Tuesdays and several center members have expressed interest in learning how to play and join the fun.
- ◆ RSVP Driver Escort
- ◆ RSVP Meals on Wheels drivers
- ◆ Youth mentors —Do you have a skill that you would like to share ? Would you like to be a mentor to Middleton youth ?
- ◆ Craft Class Instructor—do you have a class that you would consider teaching for fun?
- ◆ Do you have a special collection that you would like to present or talk about to a group ?

Call Camela King at 608-662-0827



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.



Foot Care Volunteer Needed Are you free the 3rd Wednesday afternoon of each month ? We could use a footcare assistant from 1-4:30. Please call for more information about what the job entails

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

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City of Middleton, Middleton, WI

D 4C 01-2063

Al-Anon

Every Wednesday at 9:30

ADAW Caregiver Support Group

First Thursday (April 7) 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

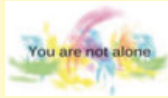
No appointment needed.

Caregiver Support Group

Last Thursday (April 28) 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 (April 15) morning (11:00-ish?)

Delivered to Middleton Senior Center.

eReader Assistance

Fourth Tuesday (April 26) - 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, April 13 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 (April 8 & 22) 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 (April 12 & 26)

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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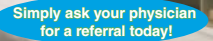
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City of Middleton, Middleton, WI

E 4C 01-2063



Ageless Grace Neuroplasticity Exercise Class

Date: Thursdays, April 14– May 19th **Time:** 1:30 Pm

Cost: \$35.00

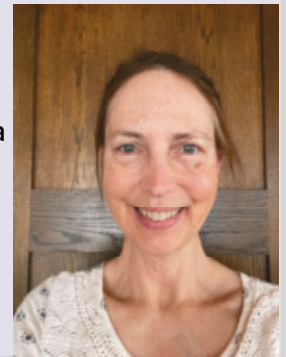
This class is a seated chair exercise program

Join us for 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 Class size is limited to 15

Películas Culturales Latinoamericanas

José Martí: el ojo del canario

Viernes 15 de abril a las 1:00

País: Cuba **Año:** 2010

Duración: 2h, 0m

Dirección: Fernando Pérez Valdés

Guion: Fernando Pérez Valdés



Fue un período crucial en la historia del país —la abolición de la esclavitud y el inicio de las luchas independentistas— a través de los ojos de un niño, aquí el joven José Martí. Es una película cubana dramática de temática histórica y biográfica de 2010, escrita y dirigida por Fernando Pérez Valdés.1 Está inspirada en la niñez y adolescencia de José Martí, un destacado político, pensador, escritor e independentista cubano de la segunda mitad del siglo XIX, en el período de su vida que abarca desde los 9 hasta los 17 años de edad.

Se requiere registro. Llame al 608-831-2373

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.





LINE DANCE IS BACK

Join us for a free Demo Class on Friday May 6th at 1:00 Please Register by calling 608-831-2373

Sessions Begin on Tuesday May 10th 6weeks \$15.00
Tuesday May 10th—June 14

1:00—Beginner

2:30—Advanced

Call 608-831-2373

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.



Strength & Flexibility

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

Instructor: Paul Novak

Class Limits: 8-12 participants

No class 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.**

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

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

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.

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 Thursday	Middleton Outreach Ministry	11:45	1:15

Dr. Mordecai's Marvelously Mysterious Mental Musings

April 1 April Fools' Day

April 29 May Flowers (and Herbs)

April showers bring May flowers. And here we are –May. Of course ,Dr. Mordecai loves to stop and smell the flowers. But more than that, Dr. Mordecai likes to head into the kitchen and attempt to concoct new herbal treatments for some of humanity's most hopeless conditions: sagging skin, inattention, fear of math, bad taste. Dr. M believes there is a fortune to be made here, but for this month's musings, join the doctor for a session on Herbal and alternative treatments for mental health—what we know and what we don't know. Prepare to be disappointed by the research. Alas.

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 (April. 6) at 10:00

Upcoming Books:

April 6: "The Crossing Places" by Ely Griffiths

May 4: "Daughter of Time" by Josephine Tey

Senior Center Writing Group

2nd Wednesday (April 13) 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. Chuck Barrett will be leading in April, and the topics for outside writing will be:

1. Write about famous brothers & sisters.
2. What hobbies did you most enjoy before you finished H.S.
3. What festivals would you like to attend which you have not yet never attended.
4. What dessert choices would you serve Queen Elizabeth if she were your dinner guest at home. Pictures are welcome.

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

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

April 6 - 9:15

Breakfast planning meeting at Denny's

April 19 - 12:30

The Sports Bowl for Lunch , Then at 2:00pm a Presentation from Claudia & Ken Miska on their trip to the Baltic region exploring the nations in Northern Europe and surrounding the Baltic sea. at the Senior Center

All are welcome!

Newsletter Assembly

April 19 at 8:00

Bakery Distribution

Monday at 10:00



Stuff We Need

- Sponsor entertainment or a program (average cost is \$175)
- Your ideas!

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 (Apr. 1 & 29) at 12:30

Exploration of interesting topics concerning the human brain.



Music



AuerStone & The Warblers - April 4 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



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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.

