



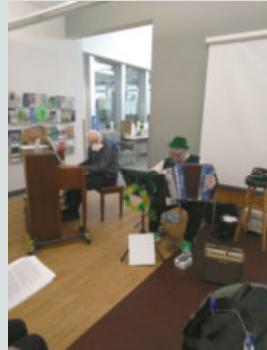
# The Senior Sentinel

★ May 2022 ★

## ROBERT AUERBACH & PATRICIA STONE

**Date:** Monday, May 2

**Time:** 11:15



Join us for an old-fashioned sing-along with Robert Auerbach and Patricia Stone, also known as the “Blue Accordion.”

The Piano will be ringing out along with the accordion. Joining us at the sing-along will be members of the Blue Warblers. It is sure to be a toe-tapping good time. This will be held in the upstairs Activity room. No need to sign up, just come!

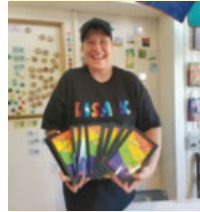


## Guest Speaker Lisa Koenecke

**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 encouraging 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

Program is sponsored by a grant from Middleton Endowment and the Madison Community Foundation

## Doc Mordecai’s Musical Challenge

**Date:** Wednesday, May 11 **Time:** 10:00

Doc Mordecai observes that the year is almost half over. Yet the drama continues. And the comedy, romance, animation, documentary and what have you. The Musical Challenge continues on its way to wrapping up our movie soundtrack baffle and moving into musical head scratchers. And what about musicals that are most familiar as movies, e.g. West Side Story? I don’t know. I can’t decide. Do I have to do all the heavy lifting around here? Be sure to come and see how it all turns out.

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



## RETRO SWING BAND

**Date:** Monday, May 9

**Time:** 12:30

Join us for a fun concert and great instruments playing songs that we all remember. Call us to register for this program at 608-831-2373

**MIDDLETON JAZZ EVERY THURSDAY  
AT 9:00AM IN THE ACTIVITY ROOM**

**Mary on Piano Mondays at  
10:00 AM in the activity room**



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



|                         |      |
|-------------------------|------|
| Dining Center           | 5, 6 |
| Calendar                | 9-10 |
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| Bus Schedule            | 15   |
| Ongoing Activities      | 16   |

## STAFF

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**Jim Wexler, Receptionist**  
jwexler@ci.middleton.wi.us

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

## 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.

## Age Requirement

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

## 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.**

## 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.

## Newsletter Information

Did you know you can help us with mailing costs by getting the newsletter online? Visit [www.ourseniorcenter.com](http://www.ourseniorcenter.com) to sign up.

You can also find the newsletter on the City of Middleton website at [www.ci.middleton.wi.us](http://www.ci.middleton.wi.us)

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

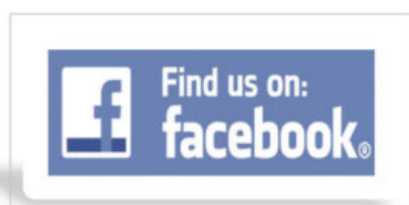
Please call **608-831-2373** to notify us to change your address or pause your deliveries. Otherwise, your newsletter gets sent back to us and we are charged the return fee. If that occurs, your name will be removed from the mailing list.

### **How can my business place an ad in this publication?**

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

## 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.



## Please sign in

3

When coming to 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 key card, just ask and we can sign you up for one. You can also check in as a guest.

**Masks are Strongly Recommended when visiting the Senior Center**

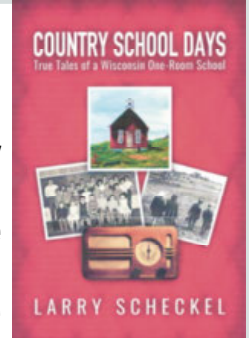


### COUNTRY SCHOOL DAYS PROGRAM

**Date: May 5 Time: 10:30 Am**

Oak Grove School was one of 115 one-room country schools in Crawford County and typical of the 6,000 in Wisconsin. In Country School Days, Larry Scheckel takes us back to his boyhood days, growing up with eight siblings on the family farm in the hill country of southwestern Wisconsin and attending the one-room country school out on Oak Grove Ridge. Oak Grove School was the social heart of the community, from the basket social in the fall, to the Christmas program and the end-of-the-year school picnic. Learn of the joys and challenges faced by students in the country school. Join Scheckel on his nostalgic and evocative journey as he shares his memories of friendships forged and lessons learned during his eight years in a one-room country school with 28 kids and one teacher in a building the size of a garage.

Scheckel will use a 250-slide PowerPoint presentation to illustrate why the one-room school was described as the best possible education for over 150 years and how the lessons learned could be applied to today's schools. Call 608-831-2373 to register.



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**Call Jasmine for the details. I look forward to meeting you!**

**6720 Century Ave. in Middleton**

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**Video Lecture Series:****Earth at the Crossroads**

Tuesdays at 10:30

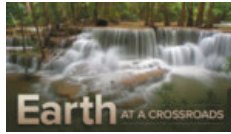
February 15 - June 14

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

**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

**SPANISH MOVIE**

May 20 1:00 pm Cine in Spanish and English

Pais Chile From the literature of Isabel Allende The House of the Spirits (film) 140 minutes

Based on the 1982 novel [La Casa de los Espiritus](#) by [Isabel Allende](#), the

film follows three generations of women from a Chilean family during the country's [military dictatorship](#).

**Movie # 1**

Date: Friday, May 13

Time: 1:00 PM

**SWISS Family Robinson** - One of Disney's biggest and most fondly remembered hits.

Call 608-831-2373 to sign up

**Movie #2**

Date: Friday, May 27

Time: 1:00 PM

**Two Mules for Sister Sara**

Clint Eastwood is a hard hitting high plains drifter who rides into town and rescues a local nun (Shirley Maclaine) from a gang of attackers.

**SPANISH CLASSES**

May 2022

**Las clases en Español**

Cost: Each class is \$5.00

Limit 6 Students in class

Mondays Introduction Basic Grammar 9:00 am

Tuesday Conversation 9:00, 10:00 am  
Introduction words and phrases 11:00 am

Wednesdays 1:00 pm Introduction without grammar  
Daily life phases

**2:00pm Literature in Spanish****Lectura guide, Autor: Pablo Coelho****Cine en Español e Ingles**

Cine in Spanish and English Third Friday each month May 20th al 1:00pm

**Pais Chile**

"La Casa de los Espiritus"

Basada en la literatura de Isabel Allende SPANISH

CLASSES



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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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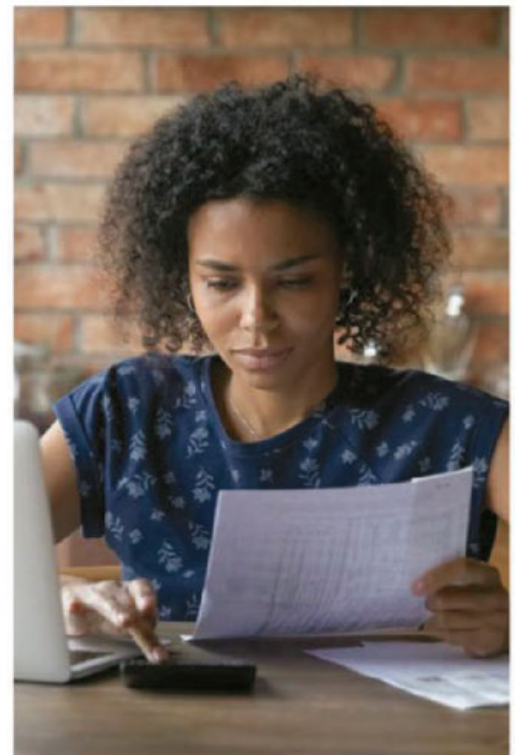
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City of Middleton, Middleton, WI

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# MAY 2022



| 2 - Monday   | 3 - Tuesday<br>Nat'l Teachers' Day  | 4 - Wednesday   | 5 - Thursday   | 6 - Friday  |
|--|---|---|--|---|
| Fish Sandwich<br>Yams<br>Peas<br>Pears<br>Banana Bars<br><b>MO: Black Bean Burger</b><br><b>NCS: Banana</b>  | Sloppy Joe<br>Kidney Bean Salad<br>Mixed Vegetables<br>Banana Loaf Cake<br><b>MO: Chickpea Joe</b><br><b>NCS: SF Jell-O</b><br>            | Honey Baked Chicken<br>Broccoli Yams<br>Pears<br>Macaroni Salad<br>Ice Cream<br><b>MO: Veggie Honey Baked Chick'n</b><br><b>NCS: SF Ice Cream</b>   | Chicken Caesar Salad<br>Copper Penny Salad<br>Applesauce<br>Rice Pudding<br><b>MO: Hummus Wrap</b><br><b>NCS: SF Pudding</b>   | <b>*BBQ Ribs</b><br>Cheesy Potatoes<br>Pickled Beets<br>Mandarin Oranges<br>Sherbet<br><b>MO: Veggie Meatballs</b><br><b>NCS: SF Ice Cream</b>  |
| 9 - Monday   | 10 - Tuesday  | 11 - Wednesday  | 12 - Thursday - Int'l Nurses' Day  | 13 - Friday   |
| Chicken a la King<br>Brown Rice<br>Green Beans<br>Vinegar Corn Salad<br>Fruit Cocktail<br>Dreamsicle Whip<br><b>MO: Soy a la King</b><br><b>NCS: Mandarin Oranges</b>  | Enchilada Casserole<br>Broccoli<br>Cauliflower<br>Peaches<br>Blueberry Crisp<br><b>MO: Bean and Cheese Burrito</b><br><b>NCS: Fruit</b>   | <b>*Italian Sausage</b> with Pepper and Onion<br>Oven Roasted Potatoes<br>Stewed Tomatoes<br>Cutie/Mandarin Orange<br>Italian Ice<br><b>MO: Garden Burger</b><br><b>NCS: SF Ice Cream</b>   | Chicken Broccoli Rice Casserole<br>Carrots<br>Chickpea Salad<br>Tropical Fruit Loaf Cake<br><b>MO: Veggie Chick'n &amp; Broccoli Casserole</b><br><b>NCS: SF Jell-O</b><br> | Teriyaki Glazed Chicken Breast<br>Brown Rice<br>Asian Veg. Blend<br>Edamame Salad<br>Mandarin Oranges<br>Pudding<br><b>MO: Veggie Teriyaki Glazed Chick'n</b><br><b>NCS: SF Pudding</b> |
| 16 - Monday  | 17 - Tuesday<br>Syttende Mai  | 18 - Wednesday  | 19 - Thursday  | 20 - Friday   |
| Lemon Dill Baked Fish<br>Baked Potato<br>Coleslaw<br>Loaf Cake<br><b>MO: Veggie Meatballs</b><br><b>NCS: SF Jell-O</b>   | Chicken Sandwich<br>Calico Beans<br>Green Beans<br>Chunky Applesauce<br>Cookie<br><b>MO: Multigrain Burger</b><br><b>NCS: Banana</b><br> | Egg Salad<br>Pickled Beets<br>Cucumber Slices<br>Banana<br>Sherbet<br><b>MO: N/A</b><br><b>NCS: SF Ice Cream</b>  | Meat Sauce<br>Spaghetti Noodles<br>Carrot Coins<br>Mixed Green Salad<br>Peaches<br>Brownie<br><b>MO: Marinara Sauce</b><br><b>NCS: SF Pudding</b>  | <b>*Pork Loin in Gravy</b><br>Mashed Potatoes<br>Peas<br>Mandarin Oranges<br>Apple Crisp<br><b>MO: Garden Wrap</b><br><b>NCS: Spiced Apples</b>   |
| 23 - Monday  | 24 - Tuesday  | 25 - Wednesday  | 26 - Thursday  | 27 - Friday   |
| Cheeseburger<br>Calico Beans<br>Potato Salad<br>Fruit Cocktail<br>Italian Ice<br><b>MO: BBQ Garden Burger</b><br><b>NCS: SF Ice Cream</b>  | BBQ Chicken<br>Baked Sweet Potato<br>Banana<br>Ambrosia<br><b>MO: BBQ Veggie Chick'n</b><br><b>NCS: Pineapple</b>   | <b>*Meatballs in Marinara</b><br>Over Penne<br>Broccoli Salad<br>Banana<br>Brownie<br><b>MO: Veggie Meatballs</b><br><b>NCS: SF Pudding</b>   | Tuna Salad on Bed of Lettuce<br>Sicilian Pasta Salad<br>Creamy Corn Salad<br>Fruit Cup<br>Loaf Cake<br><b>MO: Egg Salad</b><br><b>NCS: Cinn. Pears</b>   | Chicken and Gravy<br>Over White Bread<br>Carrot Coins<br>Green Beans<br>Pineapple<br>Jell-O<br><b>MO: Veggie Chick'n in Gravy</b><br><b>NCS: SF Jell-O</b>                              |
| 30 - Monday  | 31 - Tuesday  | <p>Meals provided by: Dane County Consolidated Food Service<br/> <i>All menu items are prepared in kitchens that are not allergen-free.</i><br/> <i>We cannot guarantee that food allergens will not be transferred through cross-contact.</i><br/> <i>No substitutions allowed.</i></p> <p>Senior Dining<br/> <br/> <small>Education. Food. Life.</small></p> <p>MO: meatless option <b>*contains pork</b><br/> SF: sugar free NCS: no concentrated sugar</p>  |  |   |
| <b>MEMORIAL DAY SENIOR CENTER CLOSED</b><br><br> | Sausage Veggie Egg Bake<br>Fruit Cup<br>Roasted Potatoes<br>Orange Juice<br>Cinn. Raisin Bread<br><b>MO: Veggie Egg Bake</b><br><b>NCS: N/A</b>   |   |  |   |



**Salad Options for May 2022****May 3****Cottage Cheese Platter**

Cottage cheese with cucumber, tomato wedges, strawberries, and pineapple

**Dressing:** None**Meal Items Included:** Whole Wheat Bun, Loaf Cake**May 10****Tuna Salad**

Mixed greens topped with tuna salad, tomato, hard-boiled egg, cucumber, and croutons

**Dressing:** None**Meal Items Included:** Peaches, Blueberry Crisp**May 17****Chef's Salad**

Mixed greens topped with deli ham &amp; turkey, Swiss cheese, sliced green pepper, tomatoes, hard-boiled egg, and croutons

**Dressing:** Ranch**Meal Items Included:** Bun, Applesauce, Cookie**May 24****Chicken Salad**

Shredded lettuce topped with cranberry chicken salad, tomatoes, and cucumbers

**Dressing:** None**Meal Items Included:** Whole Wheat Bread, Banana, Ambrosia**May 31****Hummus Platter**

Pita wedges, hummus, and roasted vegetables

**Dressing:** None**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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## BINGO is Back

The First Wednesday Each Month

Time: 12:30 Wednesday, May 4

Bingo Caller: Paula Henke

Join us for lunch, then stay for Bingo fun. Bring a wrapped gift to share as a prize. When you get a bingo, you pick a prize from the table. Prizes can be small, medium, or large, old or new.

Please call the front desk at least two days in advance to make your lunch reservation and to sign up for Bingo. 608-831-2373



## NEW HIP HOP DANCE CLASS OFFERED

Date : June 6 —July 25 Mondays

Time: 1:00—1:45

Cost : \$20.00 per person (Introductory price)

Join us for a brand new more intense way to exercise. Learn from the best.

Papa-Kobina Brewoo will teach dances that you can do! Learn this modified version of Hip Hop.

**Class size limit is 6 people**

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

## Genealogy Group

7

Come and join this new and fun group at the senior center. The group will meet in the lower level Wisconsin room the 2nd and 4th Tuesdays of each month

Time: 1pm

Date: Tuesday May 10 & May 24

### Music

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

Mary on Piano - Monday at 10:00

Robert on Piano - Monday at 11:15

## TRAVEL LOG SERIES

With Our Host Jim Fahey

Jim has worked with a number of Senior Centers as well as Libraries presenting these wonderful travel programs.

Time: 12:30

- ◆ June 16 Ireland—A colorful tour of the Emerald Isle
- ◆ July 21 Israel—In, Above and Below the Holy Land
- ◆ September 15 Japan—Customs and the Culture
- ◆ October 20 Russia—Life Along the Volga

To sign up for one or all 4 programs, call the front desk at 608-831-2373



## 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.



## CARD STAMPING WITH TERRY

**Date: Wed. May 18 Time: 1-4pm Cost: \$17.00**

"Hello Crafters! I'm Terry Schultz, an Independent Stampin' Up Demonstrator, who will be having card/stamping classes at the Middleton Senior Center. I've been stamping for 10 years and live in the Town of Middleton. Are you in need of some greeting cards and me-time? Come join us Wednesday, May 18th from 1-4:00pm and make your own cards for all kinds of events using Stampin' Up! products. The projects are great for beginning or advanced stampers. Anyone who loves to stamp is welcome, bring a friend! Supplies needed: scissors and your favorite adhesive. The cost for the class is \$16 to make 6 cards, 2 each of 3 designs, with envelopes. To sign up, please contact the Senior Center by May 11th. 608-831-2373

Pay the instructor directly. Limit of 6-12 participants

### VOLUNTEER NEEDS—FROM CAMELA KING

- ◆ Mah Jongg: Still looking for an instructor!
- ◆ Drivers: Driver Escorts are one of our most flexible volunteer positions. Paid mileage! Call for more info!
- ◆ Gardeners: Don't forget to contact Camela to join the gardening group in time for Spring planning and a trip to the local greenhouse
- ◆ Youth Mentors: Do you have a skill or craft to pass on to someone younger? Or would you like to be a tutor?
- ◆ Crafters: Do you have a class idea you'd enjoy sharing with others?

### 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.

### COFFEE AND THE ECONOMY IS BACK

**Date : Tuesday, May 10th Time : 9:00am**

Join Edward Jones Investments for a group discussion about the economy and why not grab some coffee also.

Call the senior center front desk to sign up

**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.



|   |  |  |   |  |
|---|--|--|---|--|
| <p><b>23</b></p> <p>9:00 Carving      9:00 Scrabble<br/> 9:00 Spanish<br/> 10:00 cribbage      10:00 Bakery<br/> 10:00 Mary on Piano<br/> 10:30 Chair Yoga      11:30 Lunch<br/> 12:00 Silver Divas<br/> 12:30 Open Cards      12:30 Bridge<br/> 12:30 Pinochle<br/> 1:00 Foot care<br/> 4:00 Commission on Aging</p> | <p><b>24</b></p> <p>8:00 Newsletter Assembly<br/> 9:00 Spanish<br/> 10:00 Mah Jongg-Bams<br/> 10:30 Video Lecture<br/> 11:30 Lunch      11:45 BP Checks<br/> 12:30 Open Cards<br/> 12:30 Mah Jongg-Dots<br/> 12:30 Social Seniors<br/> 1:00 Mending 1:00 Genealogy<br/> 1:00 Casual Chess<br/> 1:00 Line Dance 2:30 Line Dance<br/> 2:30 Tai Chi      Advanced</p> | <p><b>25</b></p> <p>9:00 Strength &amp; Flexibility<br/> 9:30 AI Anon<br/> 10:30 Chair Yoga<br/> 11:30 Lunch<br/> 12:30 Puzzles &amp; Pod Casts<br/> 1:00 Euchre<br/> 1:00 Spanish<br/> 1:00 Stamp Camp with Terry<br/> 2:00 LGBTQ 101</p> | <p><b>26</b></p> <p>9:00 Middleton Jazz<br/> 10:00 Cribbage<br/> 10:00 Caregiver Support group<br/> 11:30 Lunch<br/> 12:30 Open Cards<br/> 12:30 Nimble Fingers<br/> 12:30 Queen of Spades<br/> 1:00 Stitchers (online)<br/> 1:00 Social Seniors @ Nonno 's</p> | <p><b>27</b></p> <p>9:00 Strength &amp; Flexibility<br/> 9:00 Rummikub      9:00 Scrabble<br/> 9:00 Stepping On<br/> 10:00 Chair Yoga<br/> 10:00 Doc Mordecai's Music<br/> 10:30 Video Lecture<br/> 11:00 Gadget Guru<br/> 11:30 Lunch      12:00 Poker<br/> 12:30 Open Cards 12:30 Pinochle<br/> 1:00 Movie #2<br/> Two Mules for Sister Sara</p> |
| <p><b>30</b></p> <p><b>SENIOR CENTER</b><br/> <b>CLOSED MEMORIAL DAY</b></p>  | <p><b>31</b></p> <p>9:00 Spanish<br/> 9:00 eReader Appointments<br/> 10:00 Mah Jongg-Bams<br/> 10:30 Video Lecture<br/> 11:30 Lunch      11:45 BP Checks<br/> 12:30 Open Cards<br/> 12:30 Mah Jongg-Dots<br/> 1:00 Casual Chess<br/> 1:00 Genealogy      1:00 Mending<br/> 1:00 Line Dance Beginner<br/> 2:30 Line Dance advanced</p>                              |  | <p><b>MAY</b></p>   |  |



| <u>Monday</u> |  | <u>Tuesday</u> |  | <u>Wednesday</u> |  | <u>Thursday</u> |   | <u>Friday</u> |   |
|---------------|--|----------------|--|------------------|--|-----------------|---|---------------|---|
| <b>2</b>      | 9:00 woodcarving 9:00 Scrabble<br>9:00 Spanish<br>10:00 Cribbage 10:00 Bakery<br>10:00 Mary on Piano<br>11:15 Robert and Pat Performance<br>11:30 Lunch 12:00 Silver Divas<br>12:30 Open Cards 12:30 Bridge<br>12:30 Pinochle                      | <b>3</b>       | 9:00 Spanish<br>10:00 Mah Jongg Bams<br>10:30 Video Lecture<br>11:30 Lunch<br>11:45 BP Checks<br>12:30 Open Cards<br>12:30 Mah Jongg Dots<br>1:00 Casual Chess<br>2:30 Tai Chi new session   | <b>4</b>         | 9:00 Sheepshhead<br>9:00 Strength & Flexibility<br>9:15 Social Seniors<br>9:30 Al Anon<br>11:30 Lunch<br>12:30 Bingo<br>1:00 Euchre<br>1:00 Footcare<br>1:00 Spanish                                       | <b>5</b>        | 9:00 Middleton Jazz<br>10:00 Cribbage<br>10:00 ADAW support group<br>10:30 Country School Days Program<br>11:30 Lunch<br>12:30 Open Cards<br>12:30 Nimble fingers<br>1:30 Ageless Grace | <b>6</b>      | 9:00 Strength & Flexibility<br>9:00 Rummikub 9:00 Scrabble<br>10:00 Chair Yoga<br>10:00 Doc Mordecai's Musical Mixture Elixir<br>10:30 Video Lecture<br>11:30 Lunch<br>12:00 Poker<br>12:30 Open Cards 12:30 Pinochle<br>12:30 Dr. Mordecai's Musings                           |
| <b>9</b>      | 9:00 Carving 9:00 Scrabble<br>9:00 Spanish<br>10:00 Cribbage 10:00 Bakery<br>10:00 Mary on Piano<br>11:30 Lunch<br>12:00 Silver Divas<br>12:30 Open Cards 12:30 Bridge<br>12:30 Pinochle<br>12:30 Retro Swing Band<br>2:00 Social Seniors off site | <b>10</b>      | 9:00 Coffee & Economy<br>9:00 Spanish<br>10:00 Mah Jongg-Bams<br>10:00 Mystery Book Club<br>10:30 Video Lecture 11:30 Lunch<br>11:45 BP Check 12:30 Open Cards<br>12:30 Mah Jongg-Dots<br>1:00 Casual Chess 1:00 Mending<br>1:00 Genealogy 1:00 Line Dance<br>2:30 Tai Chi & Line Dance Adv. | <b>11</b>        | 9:00 Strength & Flexibility<br>9:30 Social Seniors<br>9:30 Al Anon<br>10:00 Doc Mordecai<br>11:30 Lunch<br>1:00 Euchre<br>1:00 Foot Care<br>1:00Spanish<br>1:00 SC writing group                           | <b>12</b>       | 9:00 Middleton Jazz<br>10:00 Cribbage<br>11:30 Lunch<br>12:30 Open Cards<br>12:30 Nimble Fingers<br>12:30 Queen of Spades<br>1:00 Stitchers (online)<br>1:30 Ageless Grace Class        | <b>13</b>     | 9:00 Strength & Flexibility<br>9:00 Rummikub 9:00 Scrabble<br>10:00 Chair Yoga<br>10:00 Doc Mordecai's Music<br>10:30 Video Lecture<br>11:00 Gadget Guru<br>11:30 Lunch 12:00 Poker<br>12:15 Middleton Library<br>12:30 Open Cards 12:30 Pinochle<br>1:00 Movie #1              |
| <b>16</b>     | 9:00 Woodcarving 9:00 Scrabble<br>9:00 Spanish<br>10:00 Cribbage 10:00 Bakery<br>10:00 Mary on Piano<br>10:30 Chair Yoga<br>11:30 Lunch<br>12:00 Silver Divas<br>12:30 Open Cards 12:30 Bridge<br>12:30 Pinochle<br>4:00 COA Meeting               | <b>17</b>      | 9:00 Spanish<br>10:00 Mah Jongg-Bams<br>10:30 Video Lecture<br>11:30 Lunch 11:45 BP Checks<br>12:30 Open Cards<br>12:30 Mah Jongg-Dots<br>1:00 Casual Chess<br>1:00 Genealogy 1:00 Mending<br>2:30 Line Dance Advanced   | <b>18</b>        | 9:00 Strength & Flexibility<br>9:30 Al Anon<br>10:30 Chair Yoga<br>10:30 Essential Tremor Support Group (online) 11:30 Lunch<br>1:00 Euchre 1:00 Foot Care<br>1:00 Spanish<br>1-4 Card Stamping with Terry | <b>19</b>       | 9:00 Middleton Jazz<br>10:00 Cribbage<br>11:30 Lunch<br>12:30 Open Cards<br>12:30 Nimble Fingers<br>12:30 Queen of Spades<br>1:00 Stitchers (online)<br>1:30 Ageless Grace class Ends   | <b>20</b>     | 9:00 Strength & Flexibility<br>9:00 Rummikub 9:00 Scrabble<br>10:00 Chair Yoga<br>10:00 Doc Mordecai's Music<br>10:30 Video Lecture<br>11:00 Dane Cty Library Materials Delivered<br>11:30 Lunch 12:00 Poker<br>12:30 Open Cards 12:30 Pinochle<br>1:00 Hispanic Cultures Movie |



Join us as we preview two great trips offered by Mayflower Tours. **Travel Preview event will be Tuesday, June 7th at 4:00PM**



**TEXAS COWBOY COUNTRY**  
**Featuring 3 Nights at the Y.O Ranch Hotel**  
**2023 Departure Dates:**  
**March 12, 26; April 16**

**Tour features include:**

9 days - 13 Meals (8 breakfasts , 1 lunch , 4 dinners)

- Visit the National Cowboy & Western Heritage Museum
- Visit the stirring Oklahoma City National Memorial
- Take a tour of San Antonio with a local guide including the Mission San Jose and EL Mercado .
- Enjoy a narrated river cruise along the famed San Antonio River Walk, a public park in the heart of the city.
- Visit the Alamo, the mission and fortress where Davey Crockett and 185 other "Texans" died defending Texas.
- Tour the Y.O Ranch , a 40,000 acre ranch featuring exotic wildlife and included lunch.
- The National Museum of the Pacific War, a one -of-a kind museum covering the War of the Pacific area.
- Tour Lyndon B. Johnson Ranch State Parkland see the "Texas White House"
- See LBJ's boyhood home at Johnson City
- Guided tour of Fort Worth
- Tour the National Cowgirl Museum
- Fort Worth Stockyards
- Dinner at Cooper's Old Time Pit Bar-B-Que
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- Discover the Reykjanes Peninsula , and its geothermal activities with a local guide on this included full -day excursion.
- Relax in the Blue Lagoon (entrance included)
- Enjoy a virtual flight as you "Fly Over Iceland"
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**DR . MORDECAI'S MARVELOUSLY MYSTERIOUS MENTAL MUSINGS****Date: Friday, May 6 Time 12:30-2:00 pm**

Dr. Mordecai's Marvelously Mysterious Mental Musings: 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.

**DR . MORDECAI'S MARVELOUSLY MYSTERIOUS MENTAL MUSINGS****Date: Friday, June 3 Time: 12:30-2:00 pm**

Dr. Mordecai's Marvelously Mysterious Mental Musings: June is Bustin' Out All-Over

Although he looks forward to June, Dr. Mordecai finds the notion of "bustin' out all-over" stressful. So the topic of the month will be stress - its physiology, its psychology, its problems and solutions. Well, mostly its problems. Join Dr. Mordecai as he uses his favorite defense mechanism - intellectualization - to deal with our most common human problem: health professionals talking about stress.

**Nuts and Heart Health - Kalal's Korner**

Besides being packed with protein, nuts contain heart-healthy substances such as unsaturated fats and fiber, which lower bad cholesterol levels. Some nuts contain omega-3 fatty acid, which helps prevent irregular heart rhythms, Vitamin E, which helps prevent plaques in arteries, and L-arginine, which helps make arterial walls more flexible and less prone to blood clots.



As much as 80 to 90% of a nut is fat. So, even though nuts are good for you, they are high in calories: a one-ounce serving contains between 160 and 200 calories. An example of an ounce of each would be: 24 almonds, 18 medium cashews, 35 peanuts, 15 pecan halves, and 14 walnut halves. All it takes is one, one-ounce serving each day for five days of a variety of nuts to reap their heart-disease fighting benefits.

Some interesting facts: Almonds contain more calcium and fiber than any other nut. Cashews have a higher level of saturated fat (the bad kind) and are sold without their shell because it contains caustic oil which can damage the skin (cashews are related to poison ivy). Pecans contain the highest level of unsaturated fat (the good kind) and have the lowest level of protein of all nuts. Walnuts are among the most nutritious nuts, containing the highest level of omega-3 fatty acids. It is worth remembering, though, that any heart-healthy benefits from nuts could be cancelled out if they are covered in chocolate, sugar and/or salt.

## Watch the June Newsletter for a very special Evening Performance from Tracy Comer & Top Shelf

**Jessica Michna Historical Impressions****Mary Lincoln: A Widow Forgotten****Date: Thursday, June 9****Time: 12:30**

Mrs. Lincoln's life has come full circle as she returns to Springfield, Illinois to take up residence with her sister Elizabeth. She recalls the days of her girlhood in the genteel society of Lexington, Kentucky, her marriage to the gangly young lawyer, and eventually her rise to become the First Lady. After the murder of her husband, the President, Mary's life unravels. She has lost not only her husband, but three of her four sons. Learn the true story of one our most misunderstood First Ladies.



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## Al-Anon

Every Wednesday at 9:30

### ADAW Caregiver Support Group

First Thursday (May 5) 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: [niebian@yahoo.com](mailto:niebian@yahoo.com)

### Blood Pressure Screenings

Every Tuesday at 11:45

No appointment needed.



### Caregiver Support Group

Last Thursday (May 26) at 10:00

Registration required

For information, contact Carmen Sperle at 608-819-0033 or [carmen.sperle@hcr-manorcare.com](mailto: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 (May 20 morning (11:00-ish?))

Delivered to Middleton Senior Center.

### eReader Assistance

Fourth Tuesday (May 24) - 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, May 11 at 10:30

For more information, e-mail [madmidet@charter.net](mailto: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



Call for a schedule of available times.

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 (May 13 & 27) 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 (May 10 & 24)

Appointments beginning at 1:00. You may also drop items off with instructions if that time doesn't work for you.

Menders will reach out with questions.

### 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.**



## 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, May 3–June 7

No class for the rest of June

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

Wednesday (May 4 - June 22) and Friday (May 6 - June 24) 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 (June 6– July 18)

Wednesdays at 10:30 ( June 8– July 20 )

6-week series, no classes May 2 & 4 or July 4th

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.



### INFORMATION BITS

We have new coffee at the senior center! Join us for a hot cup of Donut Shop Coffee provided by Gold Star Coffee. Have a cup and listen to our great music.

New flooring has just been installed in the lower level Depot Room. Take a peek when you stop by.

Nimble Fingers crafts are available to purchase for that special someone and the proceeds go for a charitable purpose. Come shopping!

New Summer Salads are available in the dining center.

### Bus Schedule (\*effective March 1, 2022)

| Day   | Destination                          | Departure<br>Pick Up | Return<br>Pick Up |
|---|--------------------------------------|----------------------|-------------------|
| <b>Monday—Friday</b>                                  | Lunch at Senior Center               | 10:30                | 12:30             |
| <b>1<sup>st</sup> &amp; 3<sup>rd</sup><br/>Monday</b> | Wal-Mart & Woodmans                  | 11:30                | 1:30              |
| <b>*2<sup>nd</sup> Monday</b>                         | *Hilldale & Walgreens                | 11:30                | 1:30              |
| <b>4<sup>th</sup> Monday</b>                          | West Towne Mall                      | 11:30                | 1:30              |
| <b>Every<br/>Tuesday</b>                              | Middleton Pick 'N' Save & Walgreens  | 11:30                | 1:00              |
| <b>Every<br/>Wednesday</b>                            | Junction Road Pick 'N' Save & Target | 11:30                | 1:00              |
| <b>Every<br/>Thursday</b>                             | Middleton Outreach Ministry          | 11:45                | 1:15              |

**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 WritingHats & Tales **2<sup>nd</sup> 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**1<sup>st</sup> Wednesday at 10:00 ( May 4 )**Upcoming Books:

**May 4:** "Daughter of Time" by Josephine Tey

**June 1st:** "The Last Mile" by David Baldacci.

Senior Center Writing Group**2<sup>nd</sup> Wednesday (May 11 ) 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 Holter will be our leader. Her topics for outside writing will be:

1. Recall your first days of school as a child. What was your classroom like?
2. Did you ever do anything just to see if you could get away with it? It's safe to tell us now.
3. Have you had an unusual encounter while traveling?
4. The best meal ever

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

CreatingNimble 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**Wed. May 4 - 9:15**

Breakfast planning meeting at Hubbard Avenue Diner

**Mon. May 9 2:00 pm**

UW Faculty Concert at the Stoughton Opera house

**Thurs. May 26 - 1pm** Nonno Restaurant Whitney Way

All are welcome!

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


Newsletter Assembly**May 24 at 8:00 am**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



ADDRESS SERVICE REQUESTED

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

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



## 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.

