

The Senior Sentinel

A Publication of the Middleton Senior Center June 2022



BUMBLEBEE CONSERVATION PRESENTATION

Date: Monday, June 27 Time: 3pm

Susan Carpenter is the Native Plant Garden curator and gardener at the University of Wisconsin–Madison Arboretum. Since 2003, she has worked with students and community volunteers to maintain and monitor a 4-acre garden representing the plant communities of southern Wisconsin. She also leads a conservation project that involves students and the public in documenting and studying native bumble bees, including the endangered rusty-patched bumble bee, *Bombus affinis*. A graduate of Stanford University, Susan earned her MS in Botany and MS in Science Education at UW–Madison. Her professional interests include plant ecology, ecological restoration, pollinator conservation, and science education. Discover the life history, ecology, and healthy habitats of Wisconsin's native bumble bee species. We use photography to document and monitor these important pollinators. Learn to identify the species that live in your region, and how you can help with pollinator conservation. Call 608-831-2373 to sign up .



Jessica Michna
Historical Impressions
Mary Lincoln:
A Widow Forgotten

Date: Thursday, June 9
Time: 12:30pm

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.

Call 608-831-2373 to sign up.



TRACY COMER & Top Shelf

Date: Thursday, June 23
Time: 7pm

Join us for one of the best singing duos around. Hailed as a versatile "two man band," Top Shelf is known for their magical way of bringing songs to life within a small format. Their extensive repertoire includes great songs from yesterday and today -- rock & pop plus a touch of country, jazz, blues and standards, with a generous "pour" of rock and pop from the '70s & '80s. Award-winning musicians Tracy and Alan offer material for any live music situation with choices to appeal to all ages, from "chill out and relax" to "get up and dance!" Expect lots of surprises, as this power duo performs tunes rarely heard from local acts! Call 608-831-2373 to sign up.

CHECK OUT OUR NEW DAY TRIP INSIDE PAGE 14

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

Inside Highlights

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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.

Commission on Aging

Members

Mike Lester, Stacy Austin-Li, Richard Brye, Jim Schwartz, Emily Kuhn, Kenneth Markart, Stephen Small, Jolene Olson

Commission meets the **third Monday of the month at 4:00.**

Age Requirement

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

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 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.**

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.

Mission Statement— The Middleton Senior Center enhances the lives of older adults

Equity and Inclusion Statement - The Middleton Senior Center acknowledges and honors the value, dignity, and diversity of all individuals. We are committed to organizational and individual efforts that build respect, dignity, fairness, caring, and equality.

Please sign in

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

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.

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Middleton  *Glen*



NEW Video Lecture Series:**A Sceptic's Guide to American History****Tuesdays at 10:30****June 21—September 6****24 lectures - 2 lectures/week (12 weeks)****Cost: \$25**

In *A Sceptic's Guide to American History*, you can do just that. This bold 24-lecture course examines many commonly held myths and half-truths about American history and prompts you to think about what *really* happened in the nation's past—as opposed to what many *believe* happened. Sorting through misconceptions, myths, and half-truths about America's past is also a chance to revisit some of the country's greatest episodes, figures, and themes from a fresh perspective and an opportunity to hone the way you think about and interpret the past, the present, and even the future. The program takes a skeptical approach to American history.

Presented by Professor Mark A Stolar

Registration required. Call 608-831-2373**Transcript is not available.****NEW GROUP****MEXICAN TRAIN DOMINOS****THURSDAYS AT 1:00 PM****NEEDS LIST**

PROGRAM SPONSORS COST \$175.00

CRAFT CLASS INSTRUCTORS

KLEENEX

DISINFECTING WIPES

ENDOWMENT FUND DONATIONS

SHOW YOUR COLLECTION PRESENTERS

CALL TAMMY WITH QUESTIONS

608-662-7684

Movie #1 Paradise Road Rated R**Date:** June 3rd**Time:** 1pm

Glen Close and Frances McDormand star in this movie set in a time of war. An extraordinary group of women turned a song of hope into a symphony of triumph.

Call 608-831-2373 to sign up**Movie #2 A Good Year Rated PG-13****Date: June 24 Time: 1:00 PM**

Russell Crow stars as a man on the fast track who inherits a vineyard in the South of France.

He is forced to slow down and enjoy life.

Spanish Movie**Date: June 17 Time: 1:00pm****“La Lengua de las Mariposas”**

This film reflects historical times during the Spanish Civil War

1936– 1939

The film is 96 minutes.

A mix of history and literature turned into a wonderful film that explores Latin—American Culture. The stories of families who lived through difficult times are also highlighted. It includes a charismatic 8-year –old boy and his school teacher.

**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.

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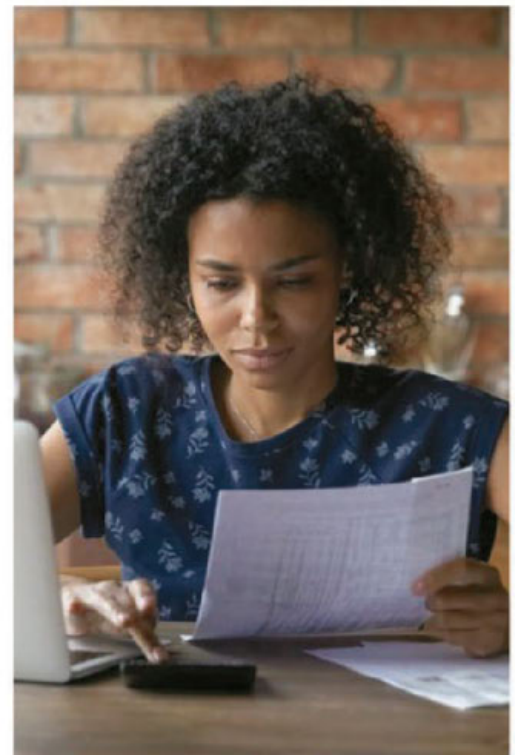
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FAP-1942N-A-AD



June 2022

		1 - Wednesday	2 - Thursday	3 - Friday
		Baked Mostaccioli Broccoli Peaches Cookie MO: Baked Mostaccioli w/Soy NCS: SF Pudding	*BBQ Pulled Pork Oven Roasted Potatoes Carrots Pineapple Jell-O MO: Tomato/Cheese Sandwich NCS: SF Jell-O	Chicken Alfredo Penne Steamed Brussels Sprouts 3 Bean Salad Mixed Fruit Sherbet MO: Veggie Chick'n Alfredo Penne NCS: SF Ice Cream
6 - Monday	7 - Tuesday	8 - Wednesday	9 - Thursday	10 - Friday
Bone-In Garlic Parmesan Chicken Stewed Tomatoes Spinach Casserole Applesauce Pound Cake MO: Veggie Garlic Parmesan Chick'n NCS: SF Jell-O	Fish Sandwich Yams Peas Pears Banana Muffin MO: Black Bean Burger NCS: Applesauce	Sloppy Joe Kidney Bean Salad Mixed Vegetables Banana Ice Cream Cup MO: Chickpea Joe NCS: SF Ice Cream	Honey Baked Chicken Broccoli Yams Macaroni Salad Peaches Oatmeal Cream Pie MO: Veggie Honey Baked Chick'n NCS: Pears	Chicken Caesar Salad Copper Penny Salad Applesauce Pudding MO: Veggie Chick'n w/ Ranch Dressing NCS: SF Pudding
13 - Monday	14 - Tuesday	15 - Wednesday	16 - Thursday	17 - Friday
*BBQ Ribs Cheesy Potatoes Pickled Beets Mandarin Oranges Sherbet Cup MO: Hummus Wrap NCS: SF Ice Cream	Chicken a la King Brown Rice Green Beans Vinegar Corn Salad Fruit Cocktail Cherry Vanilla Yogurt MO: Soy a la King NCS: SF Jell-O	Enchilada Casserole Broccoli Cauliflower Peaches Blueberry Muffin MO: Bean and Cheese Burrito NCS: SF Pudding	*Italian Sausage w/Pepper & Onion NAS: Chicken Breast Oven Roasted Potatoes Stewed Tomatoes Pears Italian Ice MO: Veggie Meatballs NCS: SF Ice Cream	Chicken Broccoli Rice Casserole Carrots Chickpea Salad Pineapple Pound Cake MO: Veggie Chicken Broccoli Rice Casserole NCS: Applesauce
20 - Monday	21 - Tuesday	22 - Wednesday	23 - Thursday	24 - Friday
Teriyaki Glazed Chicken Breast Brown Rice Asian Vegetable Blend Edamame Salad Mandarin Oranges Pudding MO: Veggie Chick'n Teriyaki NCS: SF Pudding	Chicken Sandwich Calico Beans Green Beans Applesauce Cookie MO: Veggie Burger NCS: Peaches	Lemon Dill Baked Fish Baked Potato Coleslaw Chocolate Muffin MO: Hummus Wrap NCS: SF Jell-O	Egg Salad Pickled Beets Cucumber Slices Banana Sherbet MO: N/A NCS: SF Ice Cream	Meat Sauce Spaghetti Noodles Carrot Coins Mixed Green Salad Fruit Cup Pudding MO: Marinara w/ Soy NCS: SF Pudding
27 - Monday	28 - Tuesday	29 - Wednesday	30 - Thursday	
*Pork Loin in Gravy Mashed Potatoes Peas Cinnamon Applesauce Apple Cinnamon Muffin MO: Garden Wrap NCS: SF Jell-O	Cheeseburger Calico Beans Potato Salad Fruit Cocktail Italian Ice MO: Black Bean Burger NCS: SF Ice Cream	Bone-in BBQ Chicken Baked Sweet Potato Banana Jell-O MO: Veggie BBQ Chick'n NCS: SF Jell-O	*Meatballs in Marinara Over Penne Broccoli Salad Banana Cookie MO: Veggie Meatballs in Marinara NCS: SF Pudding	

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 NAS: no added salt



Salad Options for June 2022

June 7 - Tuna Salad

Mixed greens topped with tuna salad, tomato, cucumber, and croutons.

June 14 - Cottage Cheese Plate

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

June 21 - 7 Layer Salad

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon, and eggs.

June 28 - Caprese Salad

Mixed greens and spinach topped with basil marinated tomatoes, fresh mozzarella cheese and croutons.

Dining Center

7

Guidelines

Are you age 60 or over?

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

Are you under age 60?

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

Questions?

Please ask a staff member.

Vegetarian Option

We offer a vegetarian (meatless) option every day.

Please make a reservation two days before.

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

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



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MAI Zong VU
Speaker & Storyteller
The Hmong Culture
in Wisconsin

Date: Monday, July 18 Time: 3pm

The Hmong culture is over 5000 years old. Come and learn about this heritage and culture, which is rich in history and tradition.

Unknown to many Americans at the time, the Hmong helped the US government fight in Laos during the Secret War of the 1960s and 1970s, a parallel conflict to the Vietnam War. When Saigon fell and allies withdrew, the surviving Hmong fled for their lives, spending years in Thailand refugee camps. Mai was born in the middle of the war in Laos and left with her family for Thailand. After spending five years in refugee camps, she arrived with her family in Illinois with the help of a church sponsor.

Mai Zong received her master's degree from UW—Madison in 1997. Join us for this educational look at the Hmong culture and the people's varied stories of survival. Mai will also have her book "Hmong in Wisconsin" available for purchase. The book is published by the Wisconsin Historical Society Press.

Don't miss out on this great program. Call 608-831-2373 to sign up.

BINGO is Back

The First Wednesday Each Month

Time: 12:30 Wednesday, June 1st



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

Genealogy Group

8

Time: 1pm

Date: Tuesday June 14 & June 28

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

Ukulele Concert & Charitable Fundraiser
Ukes for Ukraine

Date: Wednesday, June 15 Time: 7:00-8:30

The Madison Area Ukulele Initiative (MAUI) Performance Group will be performing a benefit concert to support the citizens of Ukraine. The concert will feature a wide variety of music performed on ukulele and singing by the approximately 20-person group. The evening will include guest performances by "An Old Lady and Her Uke" and the Front Porch String Band. There will be a bake sale and a few other surprises!

Join us on Wednesday June 15 at 7pm at the senior center. Admission is by donation, with all monies going to the World Central Kitchen and Doctors Without Borders.

Call 608-831-2373 to sign up.

COFFEE AND THE ECONOMY IS BACK

Date: Tuesday, June 14 Time: 9am

Join Edward Jones Investments for a group discussion about the economy — and why not grab some coffee too?

Call the senior center front desk to sign up.

608-831-2373

Doc Mordecai's Musical Challenge**Date:** Wednesday, June 8 **Time:** 10am

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.

ROBERT AUERBACH & PATRICIA STONE**Date:** Monday, June 6**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!

AARP DRIVERS SAFETY CLASS OFFERED**Date:** Wednesday, July 13th **Time:** 12:00**Cost :** \$20.00 AARP Members**\$25.00 Non Members**

This course is designed to be a refresher course focusing on the rules of driving. No actual driving takes place. You must bring your AARP card with you to receive the program discount. Come and join us for the afternoon of this educational review. To sign up, call the front desk at 608-831-2373.

Volunteer Opportunities

- ◆ 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: 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?
- ◆ Mending: Talented sewer needed to help with simple mending projects

Dining Site Corner**From the Dining Site Coordinator****Jackie Kalal**

Moooooooooooooove Over Soda: It's National Dairy Month!

National Dairy Month, started in 1937 as a grocery/milk promotion, is a salute to the dairy farmers who work hard to provide the milk products we enjoy. It also acts as a reminder of the health benefits dairy products provide. Dairy products contain essential nutrients: calcium, potassium, vitamin D, and protein. They also reduce the risk of high blood pressure, osteoporosis, and certain cancers. Plus, they can help us better manage our weight.

Some fun facts: Milk is one of the most nutritious foods available: it provides almost every nutrient your body needs. Cows turn grass into milk within 2 to 3 days, and, depending on the breed, can make between 25 and 40 liters of milk per day. The world's population consumes about 2.1 billion liters of milk every day. That's enough to fill 813 Olympic-sized pools.

Bottom line: dairy is good for your bones, your teeth, and the potassium it contains can help maintain a healthy blood pressure. So, why not salute our dairy farmers with an ice-cream sundae party this month!

JUNE

<p>6 9:00 Woodcarving 9:00 Scrabble 9:00 Spanish 10:00 Cribbage 10:00 Bakery 10:00 Mary on the Piano 10:30 Chair Yoga 11:15 Robert & Pat Perform 11:30 Lunch 12:00 Silver Divas 12:30 Open Cards 12:30 Bridge 12:30 Pinochle 1:00 Hip Hop Dance</p>	<p>7 8:30 Foot Care 9:00 Spanish 10:00 Mah Jong Bams 10:30 Video Lecture Series 11:45 Blood Pressure Checks 11:30 Lunch 12:30 Open Cards 12:30 Mah Jong Dots 1:00 Chess 2:30 Tai Chi (session ends) 1:00 Line Dance Beginner 2:30 Line Dance Advanced 4:00 Travel Preview: Mayflower tours</p>	<p>1 9:00 Strength & Flexibility 9:15 Social Seniors (off site) 9:30 AI Anon 10:00 Mystery Book Club 10:30 Chair Yoga 11:30 Lunch 12:30 BINGO 1:00 Spanish 1:00 Euchre</p>
<p>13 9:00 Woodcarving 9:00 Scrabble 9:00 Spanish 10:00 Cribbage 10:00 Bakery 10:00 Mary on the Piano 10:30 Chair Yoga 11:30 Lunch 12:00 Silver Divas 12:30 Open Cards 12:30 Bridge 12:30 Pinochle 1:00 Hip Hop Dance 1:00 Foot Care 1:00 Reflexology</p>	<p>14 9:00 Coffee & Economy 9:00 Spanish 10:00 Mah Jong Bams 10:30 Video Lecture Series (Ends) 11:30 Lunch 11:45 BP Checks 12:30 Open Cards 12:30 Mah Jong Dots 1:00 Chess 1:00 Genealogy 1:00 Line Dance Beginner 1:00 Mending 2:30 Line Dance Advanced</p>	<p>15 9:00 Strength & Flexibility 9:30 AI Anon 10:30 Chair Yoga 11:30 Lunch 1:00 Euchre 1:00 Spanish 1-4 Card Stamping 7pm Ukulele Performance</p>
<p>20 9:00 Woodcarving 9:00 Scrabble 9:00 Spanish 10:00 Cribbage 10:00 Bakery 10:30 Chair Yoga 10:00 Mary on the Piano 11:30 Lunch 12:00 Silver Divas 12:30 Open Cards 12:30 Bridge 12:30 Pinochle 1:00 Hip Hop Dance 4:00 Commission on Aging</p>	<p>21 8:00 Newsletter 8:30 Foot Care 9:00 Spanish 10:00 Mah Jongg Bams 10:30 Video Lecture Series (New Begins) 11:30 Lunch 11:45 BP checks 12:30 Open Cards 12:30 Social Seniors Bingo 12:30 Mah Jongg Dots 1:00 Chess 1:00 Line Dance Beginner 2:30 Line Dance Advanced</p>	<p>22 9:00 Strength & Flexibility 9:30 AI Anon 10:30 Chair Yoga 11:30 Lunch 1:00 Euchre 1:00 Spanish</p>
<p>27 9:00 Woodcarving 9:00 Scrabble 9:00 Spanish 10:00 Cribbage 10:00 Bakery 10:00 Mary on the Piano 10:30 Chair Yoga 11:30 Lunch 12:00 Silver Divas 12:30 Bridge 12:30 Open Cards 12:30 Pinochle 1:00 Hip Hop Dance 1:00 Reflexology 1:00 Foot Care 3:00 Bumble Bee Conservation Program</p>	<p>28 9-12 E-reader Appointments 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 Genealogy 1:00 Chess 1:00 Line Dance Beginners (New Session) 1:00 Mending 2:30 Line Dance Advanced</p>	<p>29 9:00 Strength & Flexibility (New Session) 9:30 AI Anon 10:30 Chair Yoga 11:30 Lunch 1:00 Euchre 1:00 Spanish</p>

2

9:00 Middleton Jazz 10:00 Cribbage
 10:00 ADAW Caregiver Support Group
 11:30 Lunch
 12:30 Nimble Fingers
 12:30 Open Cards
 12:30 Queen of Spades
 1:00 Stitchers (Online) 1:00 Mexican Train Dominos
 1:30 Ageless Grace — New session begins

9

9:00 Middleton Jazz
 10:00 Cribbage
 11:30 Lunch
 12:30 Nimble Fingers
12:30 Jessica Michna Performs a Widow Forgotten
 12:30 Open Cards 1:00 Stitchers (Online)
 12:30 Queen of Spades 1:00 Mexican Train Dominos
 1:30 Ageless Grace

16

9:00 Middleton Jazz
 10:00 Cribbage
 11:30 Lunch
 12:30 Open Cards
 12:30 Nimble Fingers
12:30 Ireland travel Log 1:00 Stitchers online
 12:30 Queen of Spades 1:30 Ageless Grace 1:00 Dominos

23

9:00 Middleton Jazz 9:30 Social Seniors Outing
 10:00 Cribbage
 11:30 Lunch
 12:30 Open Cards 12:30 Queen of Spades
 12:30 Nimble Fingers 1:00 Stitchers Online 1:00 Dominos
 1:30 No Ageless Grace class today
7:00 Performance Tracy Comer and Top Shelf

30

9:00 Middleton Jazz
 10:00 Cribbage
 10:00 Caregiver support
 11:30 Lunch
 12:30 Open Cards
 12:30 Queen of Spades
 12:30 Nimble Fingers 1:00 Stitchers 1:00 Dominos
 1:30 Ageless Grace Exercise

3

9:00 Strength & Flexibility
 9:00 Scrabble 9:00 Rummikub
 10:00 Dr. Mordecai's Music
 10:30 Video Lecture 11:30 Lunch
 12:00 Poker 12:30 Open cards
 12:30 Dr. Mordecai's Mental Musings
 12:30 Pinochle
 1:00 Movie #1 Paradise Road

10

9:00 Strength & Flexibility
 9:00 Scrabble 9:00 Rummikub
 10:00 Dr. Mordecai's Music
 10:30 Video Lecture 11:30 Lunch
 11:00 Gadget Guru
 12:00 Poker 12:30 Open Cards
 12:30 Pinochle

17

9:00 Strength & Flexibility
 9:00 Scrabble 9:00 Rummikub
 10:00 Dr. Mordecai's Music
 10:30 Video Lecture 11:00 Dane County Library
 11:30 Lunch
 12:00 Poker 12:30 Pinochle 12:30 Open Cards
 1:00 Movie # 2 A Good Year

24

9:00 Strength & Flexibility
 9:00 Scrabble 9:00 Rummikub
 10:00 Dr. Mordecai's Music
 10:30 Video Lecture
 11:30 Lunch 11:00 Gadget Guru
 12:00 Poker 12:30 Open Cards 12:30 Pinochle
 1:00 Spanish Movie



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



TEXAS COWBOY COUNTRY

Featuring 3 Nights at the Y.O. Ranch Hotel

2023 Departure Dates:

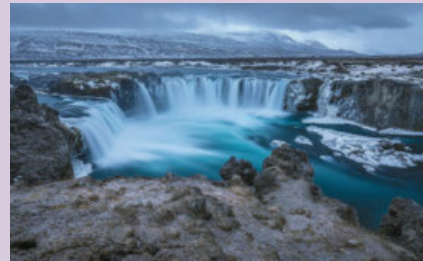
March 12, 26; April 16

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
- \$45.00 in Mayflower Money

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Several 2023 Departure Dates

FREE AIRFARE OFFERED

7 Meals:5 breakfasts and 2 dinners included

- Airport transfers on tour dates when air is provided by Mayflower Cruises & Tours
- Included city tour of Reykavik with a local guide
- Experience a full-day adventure of volcanoes, waterfalls, geothermal activity, and nature, with a local guide, on the included South Shore excursion.
- 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"
- On a full-day included Golden Circle tour with a local guide, see the Thingvellir National Park, a UNESCO World Heritage Site, visit the "Geysir," and more natural wonders.
- \$35.00 Mayflower Money

Free Air is available between Keflavik airport and the following cities: Chicago, Boston, New York/New Jersey, (JFK & EWR Only) Seattle, Washington Dulles, and Orlando. For airfare from other cities, please add \$350.00 per person.

Forget-Me-Not Group is Set to Begin Again On Tuesday, July 19

The Middleton Senior Center and St. Luke's Lutheran Church are re-starting the popular group called the Forget-Me-Nots. The group meets the first & third Tuesday at 10 am beginning this summer. Each 90-minute session includes gentle exercise, stimulating brain games, socializing, and music. Participants must pre-register by calling the senior center at 608-831-2373. Participants must register through a case manager.

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TRAVEL LOG SERIES Time: 12:30

With Our Host Joe Fahey

Joe has worked with a number of senior centers as well as libraries presenting these wonderful travel programs.

- ◆ 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 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.

DR . MORDECAI'S MARVELOUSLY MYSTERIOUS MENTAL MUSINGS

Date: Friday, June 3 Time: 12:30-2:00 pm

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.

CARD STAMPING WITH TERRY

Date: Wed. June 15 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, June 15th from 1-4pm 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 June 11th. 608-831-2373



**LAKE GENEVA LUNCH & BOAT CRUISE
PLUS THE ELEGANT FARMER**

Date: Thursday, August 25

Departs: 9:15 am from the Middleton Marriot West Hotel located at 1313 John Q Hammons Drive, Middleton, WI

(Just off of the beltline on the Greenway Blvd exit)

Returns : 6pm Cost : \$90.00 per person

WOW! What a great trip!

We must get 40 people signed up for this trip to go. Trip is open to the public.

We will depart from the Middleton Marriot West and head to the wonderful waterfront city of Lake Geneva. Our first stop will be lunch at Popeyes. The menu features 1/4 rotisserie chicken with chef-selected side and vegetable. The meal includes a chocolate chip cookie, tea, or soda. Other beverages are available for purchase if you choose.

Following lunch we have a special 2-hour boat tour of the lake. Following the lovely and relaxing narrated boat cruise, we are off to Mukwonago for a visit to the world-famous Elegant Farmer, known for their pies baked in brown paper bags. These pies are absolutely wonderful. The Elegant Farmer also has many gourmet goodies inside that you can purchase for your trip home.

We do ask that payment be made when you sign up.

You will need to come to the senior center to register. Refunds are given only if we can fill your seat or if we need to cancel this trip for any reason.

Participants must sign up on or before July 1st.

Thank you.

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City of Middleton, Middleton, WI

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Al-Anon

Every Wednesday at 9:30

ADAW Caregiver Support Group

First Thursday (June 2) 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

Blood Pressure Screenings

Every Tuesday at 11:45

No appointment needed.



Caregiver Support Group

Last Thursday (June 30) 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 (June 17 morning 11:00-ish?)

Delivered to Middleton Senior Center.

eReader Assistance

Fourth Tuesday (June 28) - 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, June 8 at 10:30 online

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



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**. Appointments are available on Mondays & Tuesdays limited hours each day.

Note: Please bring 2 hand towels with you. ←

Gadget Guru Appointments

Second and Fourth Friday (June 10 & 24) 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 (June 14 & 28)

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.

STRONG SPIRITS YOGA**STRONG SPIRITS CHAIR YOGA**

Cost: \$55 each, \$90 for two

Instructor: Sue Carpenter, RYT, Certified Yoga for Arthritis

Mondays at 10:30 (June 6 - July 18)

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

NO CLASS WEEK OF 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.

Strength & Flexibility

Cost: \$65 each or \$115 for both (**9 weeks**)

Instructor: Paul Novak

Class Limits: 8-12 participants

Wednesday (June 29 –August 24) and Friday (July 1 - August 26) at 9:00 am

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.

Price has been adjusted because this is a longer session.

AGELESS GRACE NEUROPLASTICITY EXERCISE

Date: Thursdays, June 2 - July 21

(No class June 23 or July 7th) 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, she developed a passion for facilitating wellness in aging. She is excited to bring the benefits of Ageless Grace to YOU!

LINE DANCE IS BACK

Please register by calling 608-831-2373.

6 weeks/\$15.00

New session begins June 28 - August 2nd

1:00—Beginner

2:30—Advanced

Call 608-831-2373 to sign up. Please pay before the first day of class and fill out the liability waiver.

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.

A signed liability waiver is required for all participants for every series of exercise classes. We recommend that you consult a physician prior to joining an exercise program.

**Exercise Equipment
Available to Use!**

One hour time slots are available by reservation only. Please call at least one day in advance.

Equipment is now in the blue room for privacy .

Participants are required to wipe down machines after they are done using them.

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



Tai Chi for Beginners

Cost: \$25 Tuesdays at 2:30, May 3-June 7

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.

No class offered for the rest of June

ALL NEW REFLEXOLOGY PROGRAM: Mind, Body, and Spirit

Date: The 2nd and 4th Monday of each month **Time:** Afternoons only

Cost: 30 minutes \$30.00 60 minutes \$60.00 Reflexologist Traci Hertzler will be joining us to offer

Reflexology appointments. This is a wonderful noninvasive and natural way to revitalize, rejuvenate, and balance your body. Using the thumb and fingers, firm pressure is applied to reflex points located on the feet. (Some practitioners work with hands and ears as well.) This pressure stimulates the nerve endings causing increased oxygen and blood flow to the organs and systems of the body, boosting your immune system and your bodies. Please pay Traci at the time of service. Call the front desk to set up your appointment. 608-831-2373

Bus Schedule

Day	Destination	Departure Pick Up	Return Pick Up
Monday—Friday	Lunch at Senior Center	10:30	12:30
1 st & 3 rd Monday	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

Transportation

Transportation options to Middleton residents each week are listed here. 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.



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.



Senior Center Writing Group

2nd Wednesday (June 8) from 1-3pm in the Wisconsin room at Middleton Senior Center

A group of creative seniors that writes about a variety of topics and meets on the second Wednesday of the month. Each month a different member decides on topics and writing styles. Participants bring their writing to share with the class.

Mike McCowin will be our leader this month. His topics for outside writing will be:

1. If you could live your life over, what is the one thing you would change?
2. Describe, with passion, the one thing you really hate (or love)
3. What is your all time favorite movie? Why?

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

Hats & Tales

2nd Wednesday at 10am (Oct. - May)

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



Mystery Book Club

1st Wednesday at 10:00 (June 1)

Upcoming Books:

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



Commission on Aging meets the 3rd Monday of each month at 4pm in the Wisconsin room

Newsletter Assembly

June 21 at 8am

Bakery Distribution

Monday at 10am

Social Seniors

Wed. June 1 - 9:15

Breakfast planning meeting at Hy-Vee on Whitney Way

Tuesday June 21 12:30pm

Bingo: bring a canned good or paper product for donation to MOM.

Thursday June 23—9:30 depart the senior center for Olbrich Garden

All are welcome! You do need to register by calling 608-831-2373.

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

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



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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.

