



# MONONA

Senior Connection

*Meeting Old Friends...Making New Friends*

**June 2021**

A MONTHLY NEWSLETTER OF THE MONONA SENIOR CENTER • MONONA, WI (608)222-3415

Call  
222-3415  
to sign up!



## *Social and Brat Fest!*



*Music by the  
Paris Blues Trio*

Sponsored by the family and  
friends of Jim Gleash

*Fireman's Park*

Corner of Progressive  
Lane and Winnequah  
Roads

*Thursday  
June 17th*

*1:00 p.m.*

Brats, chips,  
water,  
condiments and  
ice cream treats  
provided!

*Food Sponsored by*



DRUMLIN  
RESERVE

a capri community

VISTA WEST

a capri community

HYLAND  
CAMPUS

a capri community

## Directory

### Monona Senior Center Office

1011 Nichols Road • Monona, WI 53716

Phone ..... (608) 222-3415

Fax ..... (608) 222-9225

Hours ..... Monday-Friday, 8:30 a.m. - 4:30 p.m.

Website ..... [www.mymonona.com](http://www.mymonona.com)  
(Click **Senior Center** in the lower right corner!)

*Contact the Center Office to report a change of address, if you wish to become a member, volunteer or if you fail to receive your newsletter each month.*

### Senior Center Director, Diane Mikelbank

Phone ..... (608) 222-3415

Email ..... [dmikelbank@ci.monona.wi.us](mailto:dmikelbank@ci.monona.wi.us)

### Project Assistant, Lori Chapman

Email ..... [lchapman@ci.monona.wi.us](mailto:lchapman@ci.monona.wi.us)

### Program Coordinator, Lisa Brooks

Email ..... [lbrooks@ci.monona.wi.us](mailto:lbrooks@ci.monona.wi.us)

**You Can Join Us!** If you are age 50 and older, you can join us. There are no residency requirements to participate in programs at the Monona Senior Center. There are residency requirements for some services including case management, transportation, and meals on wheels. Call 222-3415 with questions.



**[www.NewBridgeMadison.org](http://www.NewBridgeMadison.org)**

Phone ..... (608) 512-0000

*Call for information on outreach assistance, medical bill assistance, meal programs or if you wish to volunteer.*

### Monona Senior Citizens Committee

The Senior Citizens Committee investigates the needs of senior citizens, develops programs and services specifically to serve senior citizens, and provides public information regarding senior citizens' programs and services.

Alderperson Molly Grupe (**Chair**), John Anderson, Gwen Feit, Steve Halverson, Peggy McDonald, Judy Runk and Glenn Vosberg

### Mission Statement

The mission of the Monona Senior Center is to provide those fifty and over with educational, social, recreational, health, and fitness programs as well as volunteer opportunities. We strive to enhance the dignity, support the independence and enrich the lives of and advocate for older adults.



### Senior Bus Passes

If you use the Monona Lift, did you know Convenience passes (20 rides) are available for purchase on the bus, at Monona City Hall and at the Monona Senior Center?

### The Aging and Disability Resource Center

Services are free and available to Dane County residents. **Phone: (608) 240-7400**

## Dane County Transportation Services and Programs

\*Transportation Call Center (CC) 242-6489 open to assist with rides.

\*Focal Points & Cancer Center staff informed to contact Call Center for ride needs.

\*Transit Solutions and Care Van Service (Group Access Service & Rural Senior Group) 294-8747

\*Dane County Delivers: Senior Grocery Solutions: Volunteers shop for groceries and Transit Solution/Care Van Service delivers groceries to homes. Call 242-6489 with grocery list.

\*Door-to-door grocery shopping trips continue but in small groups (maximum 2 people).

\*Transportation available to deliver take-out meals from congregate meal sites and home-delivered meals coordinated with RSVP.

## Friends of the Monona Senior Center bring you... Summer Concerts in Winnequah Park starting July 20th

The Friends Group have, once again, put together a line-up of local music for their summer concert series. Bring your chair or blanket! Food carts will be available but no popcorn will be sold this year.

Please practice social distancing out of respect to others. All concerts begin at 6:30 p.m.



Tuesday, July 20th - **Mark Croft Band**  
Tuesday, July 27th - **Marcy & The Highlights**  
Tuesday, August 3rd - **Carl Davick & Friends** (at Gazebo)  
Tuesday, August 10th - **Wheelhouse**



### Friends of the Monona Senior Center Board Members

The Friends of the Monona Senior Center, Inc. is a 501(c)3 tax exempt organization dedicated to supporting the Monona Senior Center in its efforts to serve older adults in this and surrounding communities.

Kathy Thomas (*President*), Susan Manning (*Vice President*), Judy Runk (*Treasurer*), Dan Eklof (*Secretary*), Molly Grupe (*Web Page*), Jackie Amati, Kathy Bell, Dean Bowles, Sandy Homburg, Laura Nielsen and Stan Nielsen.

Peggy Johnson (*Sunshine Chair*) (221-9088) *Call Peggy to report the illness or death of a member.*

### "Friends" Membership for 2021!

To receive your monthly newsletter, please fill out the membership form below and mail to "Friends of the Monona Senior Center" at 1011 Nichols Road, Monona, WI 53716 or bring it to the Senior Center. Checks may be made out to "**Friends of MSC.**" All memberships run from January 1st through December 31st. Donations above and beyond membership dues are greatly appreciated and help to support programs and services of the Center.

### Friends of Monona Senior Center Membership Form (checks payable to "Friends of MSC")

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birthday \_\_\_\_\_ E-mail \_\_\_\_\_

☐ Monona Resident \$8.00 ☐ Benefactor/Corporate \$150.00

☐ Non Monona Resident \$10.00 ☐ Donation \$ \_\_\_\_\_

☐ Life Member \$100.00 ☐ I am new to the area

☐ I am interested in helping with "Friends" Activities ☐ Online Newsletter Only



# AT THE CENTER ACTIVITIES

## Free Movie Cowgirls and Angels

Friday, June 18th

10:00 a.m. or 1:00 p.m.

Please indicate which showing  
you would like when you call.

Ida has never met her rodeo rider dad and she has decided it is time she did. In her search to find him, she encounters the Sweethearts of the Rodeo, a group of talented female trick riders. Despite her young age, the feisty Ida convinces the Manager to let her train

to become one of the risk-taking Sweethearts. This exhilarating, heart-warming story will leave you riding tall in the saddle.

Starring Bailee Madison  
and James Cromwell  
Rated G.  
1 hour, 31 minutes.



## Low Vision Support

Tuesday, June 22nd at 11:00 a.m.

The Senior Center has coordinated an **in-person** meeting of those who could benefit from socializing with others who have some form of visual impairment.



## Veterans Group

Wednesday, June 9th  
10:00 - 11:00 a.m.

Join your fellow veterans in person at the Senior Center where you will have the chance to chat and share camaraderie.

Refreshments sponsored by Meadowmere

MEADOWMERE MADISON  
ASSISTED LIVING COMMUNITY



## Crafters

Thursday, June 10th  
10:00 - 11:00 a.m.

## Adult Coloring Group

Monday, June 21st  
12:00 - 1:30 p.m.

## Carve-In

Tuesday, June 8th  
12:00 - 3:00 p.m.

Call 222-3415 to sign up for these activities.  
Masks are required, seating is limited and  
physical distancing will be practiced.



## Stamp Camp

Thursday, June 17th  
1:00 p.m.

Are you in need of some greeting cards and "me" time? Come join us and make your own cards for all kinds of events using Stampin' Up! Products. The products are great for beginning or advanced stampers. Supplies needed: scissors, bone folder and your favorite adhesive (adhesive will be available for purchase if needed).

The cost of the class is \$13 to make six cards, 2 each of 3 designs, with envelopes. Any questions, please contact Terry Schultz e-mail: sraschultz0924@yahoo.com. or by calling 712-0572.



## Let's Play!

**Wednesday, June 30th  
10:00 a.m.**

Let's enjoy the great outdoors and the wonderful Park and Rec location at Below Deck. Corn Hole, Giant Jenga and more! Time to socialize and play. We are so ready!



### Grand Crossing Park

6320 Inland Way, Monona, WI 53716

**Call 222-3415 to sign up!  
Space is limited.**

## Coffee & Conversation

**Wednesdays in June at 10:00 a.m.**

This is a great social time to chat about anything on your mind.

**IN PERSON at the Monona Senior Center  
Wednesdays, June 2nd and 16th**

**Call  
222-3415  
to sign up!**

**VIRTUAL via Zoom  
Wednesdays, June 9th and 23rd**

**Meet at BELOW DECK for outdoor games  
Wednesday, June 30th**



**Imperial House • Rivera • Surf & Sands**

**Heat Included • On Bus Line**

3819 Monona Drive #2, Monona, WI 53714

mlv.pts@gmail.com

**Call Glen or Mary: (608) 222-6911**



**608.873.6448**

814 Jackson St.  
Stoughton, Wisconsin

[www.nazarethhealth.com](http://www.nazarethhealth.com)

## Luxury Living in Cottage Grove for *Active and Independent Seniors*



**OPEN**

**MON-FRI**

**8:00 AM - 4:00 PM**

**OR BY APPOINTMENT**

**Pet Friendly**

**Affordable Housing Available**

Visit [www.drumlínresidences.com/testimonials](http://www.drumlínresidences.com/testimonials) to see what our current residents enjoy most about our community

**DRUMLÍN RESERVE**

a capri community

Call or email us today  
to schedule a tour!

**608-839-6116 • 608-220-2989**

**ldemmerly@drumlíncommunities.com**

**107 East Reynolds St., Cottage Grove**



4205 Monona Drive, Monona, WI

**(608) 221-8151**

[www.medicineshoppe.com](http://www.medicineshoppe.com)

Monday - Friday 9:00 am - 6 pm

Saturday 9:00 am - 1 pm

- Personal Medication Counseling
- Specialized Healthcare Services Available
  1. Immunizations
  2. Free Blood Pressure Readings the 1st Tuesday of every month from 1-4 P.M.
- 15-Minute Prescription Service
- Diabetic Shoes and Supplies Available
- Medicare, Medicare D, Medicaid, Wisconsin SeniorCare, Tri-Care, and most Insurance Plans Accepted
- Free Delivery on Madison's East Side & Monona - Monday thru Friday
- Drive Thru Pick Window

## June Zoom Fitness Programs

Call 222-3415 to sign up with your email address

### **\*\* Mondays \*\***

#### **Tai Chi Balance**

**June 7th, 14th, 21st & 28th  
11:00 a.m.**

Tai Chi Balance is a body-mind-spirit practice offered by certified Tai Chi Instructor Jody Curley, featuring Tai Chi and Qigong movements and breathing practices for balance. Movements can be done standing or seated. Have a chair nearby!

#### **Chair Yoga Express**

**June 7th, 14th, 21st & 28th at 2:00 p.m.**

Join Amy Davidson Unitan for 30 minutes of flowing movements to elevate heart rate and warm the body; connecting the body, breath and mind.

### **\*\* Tuesdays \*\***

#### **Mindful Movement for Health**

**June 1st, 8th, 15th and 22nd at 10:00 a.m.**

**No Class on the 29th**

MM is a gentle movement class designed for all ability levels, allowing you to find your own pace and intensity.

Led by Laura DiJulius this simple, yet effective practice focuses on body awareness and joint mobility to encourage oxygen & blood flow, increase vitality, release unhealthy tension.

### **\*\* Thursdays \*\***

#### **Chair Yoga**

**June 3rd, 10th at 10:00 a.m.**

**No Class on the 17th or 24th**

For anyone who has ever hesitated to try yoga because of the challenge of getting down onto the mat or doing standing poses, now a chair becomes your mat. Beginner to advanced, each pose will be presented in multiple levels of flexibility.



## Monona Community Pool

**Opens June 5th**

Registration is required for all swim sessions.

### **Aqua Zumba**

**June 11 - August 27**

**Monday - Friday**

Class A 11:10 a.m. - 11:40 a.m.

Class B 11:50 a.m. - 12:20 a.m.



Register online at [mymonona.com](http://mymonona.com) or call Park & Recreation at 222-4167.

- Safety guidelines have been put into place.
- Enhanced cleaning protocol
- Contactless payment
- Masks will be worn while on pool deck. Masks do not need to be worn when actively swimming or entering/exiting the swimming area.

### **Support our Wellness Instructors**

**Suggested donation of \$5.00 per class**

Donations can be mailed to the Senior Center (checks may be made out to "City of Monona") or you can pay by credit or debit card at [mymonona.com/seniorcenter](http://mymonona.com/seniorcenter). Indicate which class your donation is to go toward.

## Pontoon Boat Ride

Thursday, June 9th  
10:00 - 11:30 a.m.

This trip is always in high demand and is open to anyone 50 years of age and better as we launch from Tenney Boat Pier at 1615 Sherman Avenue for a 90 minute ride. Please arrive to the boat launch by 9:45 a.m. for an on-time departure.

Masks are required, so please wear yours. A signed waiver, which we will provide on site, is also required.

Limited transportation will be provided from the Monona Senior Center departing at 9:15 a.m. and returning at noon.

Please indicate you would like transportation and if you use a wheelchair when you call at 222-3415.

Space is limited, so call today!

Cost for the boat ride is \$10.00.  
Checks made payable to City of Monona.



**noel manor** & **noel manor**  
RETIREMENT LIVING THE LEGACY

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

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

**Call For A Tour 608-620-6010**

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

**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **Terry Sweeney** to place  
an ad today! [tsweeney@lpicommunities.com](mailto:tsweeney@lpicommunities.com)  
or (800) 477-4574 x6407

### IN-HOME CARE

- Companionship • Meal Preparation
- Light Housekeeping • Laundry
- Incidental Transportation
- Medication Reminders
- Grooming & Dressing Guidance

### PERSONAL CARE SERVICES

- Bathing • Oral Hygiene
- Transferring & Positioning
- Incontinence Care & Toileting

**SPECIALIZING IN  
ALZHEIMER'S, PARKINSON  
AND DEMENTIA CARE**



**608-442-1898**

579 D' Onofrio Drive, Suite 10  
Madison WI 53718



**Comfort Keepers**

*Operational Excellence*

[www.ckmadison.com](http://www.ckmadison.com)

An international network of independently owned and operated offices. ©2009 CK Franchising, Inc.



**Krueger Hernandez  
& Thompson SC**  
*Attorneys at Law*

**Wills | Trusts | Powers of Attorney  
Estate Planning | Probate | Medicaid Planning**

**(608) 824-9540 | KHTLawyers.com**

# VOLUNTEERISM



## Drive Thru Volunteer Celebration!

Congratulations to our award recipients!

*15 years of service - Barb Endres*

*10 years of service - Shirley Buntin*

*Jane Gunnison*

*Carol Schuch*

*Kathleen Smith*

*5 years of service - Judi Blodgett*

*Bev Bracken*

*Mary Pat Chvala-Olivas*

*Pat Gleash*

*Deb Holm*

*Richard Miller*

*Janey Owens*

*Vicky Ross*



*Thank you, to all of our volunteers for their service.*

## Desk Volunteer Meeting is BACK!

Wednesday, June 30th from 1:00 - 3:00 p.m.

We are so excited to start welcoming back our desk volunteer team! A meeting is planned for June. During this meeting we will have COVID-19 protocol training and updates for all the new schedules, events and changes that have taken place within this past unprecedented year. We will also talk about volunteer hours and moving forward!

You won't want to miss this one!  
If you are a regular desk volunteer or a sub, please plan to attend.


Call us at 222-3415 to sign up!



## Looking for volunteers!

If you are interested in learning more about volunteer opportunities, see a staff member or call 222-3415!



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 10:00 Mindful Movement <b>10:30 East Towne Trip</b> 1:00 Dan's Open Lab	<b>2</b> 9:00 Foot Care Clinic 10:00 <b>In Person</b> Coffee & Conversation 1:00 Brain Enrichment	<b>3</b> 9:00 Foot Care Clinic 10:00 Chair Yoga	<b>4</b> 9:00 Foot Care Clinic 
<b>7</b> 11:00 Tai Chi 12:00 Reflexology 2:00 Chair Yoga Express 	<b>8</b> <b>9:30 Woodmans</b> 10:00 Mindful Movement 12:00 Carve-In Group	<b>9</b> <b>10:00 Pontoon Boat Trip</b> 10:00 <b>Zoom</b> Coffee & Conversation <b>10:00 Veterans Group</b> 1:00 Brain Enrichment	<b>10</b> 10:00 Chair Yoga 10:00 Crafters	<b>11</b> <b>10:00 Safety &amp; Security with Monona FD/EMS Fireman's Park</b> 
<b>14</b> 10:00 Quilters 11:00 Tai Chi 1:00 Sip N Swipe 2:00 Chair Yoga Express	<b>15</b> 10:00 Mindful Movement 1:00 Dan's Open Lab	<b>16</b> 10:00 <b>In Person</b> Coffee & Conversation <b>1:30 Bird &amp; Nature Adventures</b> 	<b>17</b> 9:00 Reflexology <b>1:00 Ice Cream Social &amp; Brat Fest</b> 1:00 Stamp Camp	<b>18</b> 8:00 Chair Massage 10:00 Movie 1:00 Movie 
<b>21</b> 11:00 Tai Chi 12:00 Adult Coloring 1:00 Sip N Swipe 2:00 Chair Yoga Express	<b>22</b> 10:00 Mindful Movement 11:00 Low Vision Support Group	<b>23</b> <b>8:00 Lavender Fields Day Trip</b> 10:00 <b>Zoom</b> Coffee & Conversation	<b>24</b> 9:00 Foot Care Clinic	<b>25</b> 9:00 Foot Care Clinic
<b>28</b> 8:45 Diabetic Foot Clinic 11:00 Tai Chi 2:00 Chair Yoga Express	<b>29</b>	<b>30</b> <b>10:00 Outdoor Games at BELOW DECK</b> <b>1:00 Reception Desk Volunteer Meeting</b>		

# CHECK IT OUT!



## What a Year! 2020 Annual Report

Take a look back on 2020 from the perspective of the Monona Senior Center! Staff have compiled statistics on attendance, programs, volunteerism and more! We are happy to mail you a copy or you can check it out on our website [www.mymonona.com](http://www.mymonona.com).



**Fitness Program Donations from:** J. Edmunds, A. Amara, A. Ross, H. Filipiak, J. Cantor, P. Giesfeldt, L. Genskow, D. Koenig, J. Riecke, J. Stublaski, C. Leggett, A. Lucier, P. Eddings, P. Wirtz, J. Tegtman

**Judith Hayes** for the generous donation of yarn.

**Ann Cardin, Kim & Ron Brockman, Audrey & Harold Cushman, Steven Hoke, Diane & Rob Hazen, Leah & Joe Spechkels, Ann M. McNeary, Ginny Baumgarten and Mary Ripp** for your donations in honor of **Jim Gleash**.

**Kaye Hernon** for your generation donation to the Center.

**Meadowmere** for the Vets Group sponsorship

**Capri Communities & Metcalfes'** for our Ice Cream Social and Brat Fest!

**Christina Lightbourn, Susan Eleazer, Jo Canderbloemen, Margaret Phair, Amy Scarr, Rachel Friedman, Barbara Ottinger and Jane Stoikes** for your donations in memory of **Dorothy Schmook**.

## Free Grocery Deliveries

**Dane County Delivers:**

**Senior Grocery Solutions**

**Call: 608-294-8747**

**For people 60+ or with disabilities**

**Donations accepted**

## Sign up For the City of Monona E-Newsletter

The City of Monona is launching its own e-newsletter called, MyMonona News! You can sign-up to receive the monthly newsletter by clicking the link below. Sign-up:

<https://lp.constantcontactpages.com/su/LiAxWwM>

The newsletter has its own page on the city website where people can find the sign-up link: <http://mymonona.com/1491/MyMonona-E-Newsletter>



## SAN DAMIANO MONONA

At just under 10 acres and with over 1,000 feet of Lake Monona shoreline, the property known as San Damiano has been described as epic, iconic and even magical. The City of Monona has negotiated with St. Norbert Abbey and will close on the purchase of this property this month.

The Friends of San Damiano was incorporated as a 501(c)3 not for profit organization to "advance the use of the property known as San Damiano as a place for public recreation, interpretive programming and peaceful reflection."

**More info.: [www.sandamianomonona.org/](http://www.sandamianomonona.org/)**



## Sip & Swipe

**Mondays, June 14th & 21st**

**1:00 - 3:00 p.m.**

**FREE iPad training** for older adults! Would you like to learn how to access information plus connect with family, friends and more? Sip & Swipe is a friendly place to learn at your own pace with a coach if you need one.

*Register to attend two, two-hour sessions to learn the following:*

- \*The Basics: Turning the tablet on and off, what the buttons do and swiping
- \*Texting and E-mail
- \*Using the Camera and sending photos
- \*Using Zoom/FaceTime to video chat
- \*Searching the Internet

**Call 222-3415 to register for this in person class.**

*Classes are not designed for repair/technical support.*

## Now Available!

*A new way to pay for programs/donate to the Senior Center!*



Give today through our online payment platform, WeShare.

**Support the Monona Senior Center today using your debit or credit card or checking or savings account.**

1. Visit mymonona.com\seniorcenter
2. Click on the Online Donations and Payments button.
3. Select the payment type.
4. Set up your donation or payment.

IT'S SAFE. IT'S SIMPLE. IT'S CONVENIENT.

## INTRODUCING: iPad Lending Program



**The Friends of the Monona Senior Center**, with help from a donation by the **Monona Volunteer Fire Fighters**, were able to purchase iPads that Monona Senior Center participants can borrow for Virtual Health Care Visits and programs offered through the Monona Senior Center. Our hope is to offer access to virtual programs to anyone who has an interest.



Limited training is available to help you feel comfortable using the device and the length of the loan will be based on the purpose of use.

Please call us at 222-3415 if interested in using one of these devices.

## Madison College Classes

Go to <https://madisoncollege.edu/enrichment-courses> to see a variety of enrichment courses being offered online. You can register through the MATC website and enjoy learning something new this winter!



### Looking for “Monona Senior Connection” Online?

If you would like to view this newsletter electronically, go to [www.MyCommunityOnline.com](http://www.MyCommunityOnline.com). In the Community Name box, type in “Monona Senior Center.” After entering, a list of organizations should appear. Click on Monona Senior Center and either **Download Latest Newsletter** or click **Subscribe** where you can provide an e-mail and be notified each time there is a new edition.

### Craft Market!

Handmade creations are available to purchase in our Craft Market weekdays by appointment. Call 222-3415.



Listen to WVMO 98.7 FM - The Voice of Monona for updates & events each month from the Monona Senior Center!



### We offer...

... puzzles  
... books

### We sell...

... greeting cards  
... senior bus passes  
... crafts

Call 222-3415 for an appointment.



REMEMBER  
TO  
HYDRATE!

The Monona Senior Center is on Facebook. Check us out!



### Don't Let Finances Stop You from Participating



Thanks to donated funds from the Friends of the Monona Senior Center, there are scholarships available for those who cannot afford the fees for Monona Senior Center programs. Ask a staff member if you are interested in applying.

### Face Masks

It is recommended that people wear a face covering while in public. This includes when you visit the Monona Senior Center.



If you need a mask, let us know.

## Day Trip News

Seats available - call to sign up 608-222-3415

Must register by June 2nd

- Visit the International Crane Foundation
- Lunch at Edytka's Polish Diner
- Wagon Tour at the New Life Lavender & Cherry Farm
- Finish the day with their signature lavender cherry pie and tea served on fine china

**Monona Senior Center Presents....**



**LAVENDER FIELDS**  
(BARABOO & WISCONSIN DELLS, WI)  
**JUNE 23RD, 2021**  
**PER PERSON RATE: \$99**

**Wednesday, June 23rd**

**Depart the Monona Senior Center at 8:00 a.m. and return approximately at 4:30 p.m.**

**Checks made payable to "City of Monona"**

 <p><b>SENIOR Helpers</b> Care and comfort at a moment's notice. Help care for those who have cared for us <b>Now Hiring Caregivers</b> * Flexible Hours * Training Provided * Great Team <b>Apply Today 608-729-5365</b> <a href="http://www.seniorhelpers.com/wi/madison">www.seniorhelpers.com/wi/madison</a></p>	<p><b>Just Checking In...LLC</b></p> <p>Providing friendly, caring, and dependable in-home assistance. No charge to meet with you and discuss your needs. We may be smaller, but that's what makes us better!</p>  <p><b>Mary Fischer</b> ofc 608-838-9101 cell 608-239-9698</p>	<p><i>Stay in Your Home as You Age</i></p> <p><b>Free Estimates</b>  <b>Fully Insured</b></p> <p><b>Cummings Remodeling</b> <b>Doug Cummings</b> Additions • Bathrooms • Closet Systems Kitchens Window &amp; Door Replacements Ramps • Shower Modification Age &amp; Disability Remodeling Accessibility Issues Addressed <b>(608) 221-2404</b> 5005 Midmoor Rd. Monona, WI 53716</p>
 <p><b>My Choice Wisconsin</b> is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.</p> <p><b>Visit us today:</b> <a href="http://mychoicewi.org/LPI">mychoicewi.org/LPI</a> <b>1-800-963-0035</b></p> <p>For more information on your long-term care options, contact your local ADRC.</p> <p>DHS Approved 4/22/2021</p>	<p><b>Monona Motors</b></p> <p>Greg Carlson   Carlos Villota   Fidel Duran</p>  <p>(608) 222-1342 <a href="http://www.mononamotors.com">www.mononamotors.com</a> 4500 Winnequah Road, Monona, WI 53716</p> 	
	 <p><b>Frost Woods Senior Apartments</b> 101 &amp; 201 Frost Woods Road, Monona <b>608-516-4280</b></p> <p><a href="mailto:lease@horizondbm.com">lease@horizondbm.com</a> • <a href="http://www.horizonseiorhousing.com">www.horizonseiorhousing.com</a></p> <p><b>HORIZON</b>  </p> <p><small>**Income Restrictions May Apply**</small></p>	

## Reflexology

**Monday, June 7th, 12:00 - 4:00 p.m.**

**Thursday, June 17th, 9:00 a.m. - 4:00 p.m.**

Reflexology is a form of massage applying deep pressure to reflex points on the feet, opening nerve pathways to increase circulation and create a sense of balance within the body. The cost for a one-hour session is \$45. and a half-hour session is \$25.

## Chair Massage

**Friday, June 18th, 8:00 - 11:00 a.m.**

Gonzalo Reategui, Licensed Massage Therapist at Peak Performance Massage, offers the beneficial service of chair massage. You can experience improved circulation, a reduction in swelling, relaxed muscles, enhanced sleep quality and more. 15 minute session for \$15 or 30 minutes for \$30.

**Face Masks are required for all appointments.**

**Appointments can be made by calling 222-3415.**

**Chair Massage: Bring a pillow cover to the appointment.**

**Foot Clinics: Arrive 10 minutes early and bring two towels with you.**



## Diabetic Foot Clinic (\$25.00)

**Monday, June 28th, 8:45 a.m. - 12:00 p.m.** (Checks made payable to Gail Owens)

Gail Owens, RN, BSN will perform a complete foot inspection, warm foot soak, nail trim and foot rub.

## Foot Clinics (\$22.00)

**Wednesday, June 2nd, 9:00 - 11:30 a.m.** (Checks made payable to Franz Foot Care)

**Friday, June 4th, 9:00 - 11:30 a.m.** (Checks made payable to Sue's Mobile Foot Care)

**Thursday, June 24th, 9:00 - 11:30 a.m.** (Checks made payable to Sue's Mobile Foot Care)

**Friday, June 25th, 9:00 - 11:30 a.m.** (Checks made payable to Sue's Mobile Foot Care)

All foot clinics are held in the Senior Center Main Hall.

## VET CENTER SERVICES



The Vet Center utilizes VA Video Connect and Tele-health to provide services as they cautiously increase access to in person services in Madison. Additionally, if you are interested in receiving a Covid vaccination, appointments can be made at the Madison VA Medical Center. Call 280-2160.

If you would like to learn more about their services please contact the Madison Vet Center at 608-264-5342.



## Take-Out Meals

Meals are available to pick up at the following locations for older adults 60+. While there is no charge for these meals, donations are accepted via mail to NewBridge 1625 Northport Dr., #125, Madison 53704. Call Candice to order Mon. - Fri. 8:00 a.m.- 4:00 p.m. at 512-0000 Ext. 4006.

**Orders due by Thurs., 10:00 a.m. the week prior.**

### Messiah Lutheran Church

5202 Cottage Grove Rd.

Tues. & Thurs. 11:30 a.m. - 12:30 p.m.

1 Meal Catered by Consolidated Food Services

### Kevanahugh's Esquire Club

1025 N. Sherman Ave

1 Meal Catered by Kavanaugh's Esquire Club

## East Towne Shopping Trip

**Tuesday, June 1st, 10:30 a.m. - 12:30 p.m.**

We will alternate between Target and East Towne Mall monthly as was requested by those recently surveyed.

## Woodman's Trip

**Tuesday, June 8th at 9:30 a.m.**

Please note the later start time for this trip.



**BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.**

**LPI is Hiring  
Ad Sales Executives**

- Full-Time with Benefits
- Paid Training
- Expense Reimbursement
- Travel Required

Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)

**Complete Family Dentistry  
of Madison**

"Give Us A Call, We Are The Office  
You Are Hoping To Find"

**New Patients Welcome**



Dr. Daniel Gerdes & Dr. Angie Schacker  
4925 Monona Dr Madison, WI 53716  
**608-222-3403**  
[CompleteFamilyDentistry.org](http://CompleteFamilyDentistry.org)

**Mary J. Himsel-DeGroot, CPA**  
Certified Public Accountant

- Tax Prep & Planning
- Payroll
- Accounting Services
- Financial Statement Preparation
- Quickbooks Services
- Corporations, S-Corporations, & LLC's
- IRS Representation

100 W. Dean Ave - Monona  
**(608) 630-8888**  
[www.himsel-degrootcpa.com](http://www.himsel-degrootcpa.com)

When life offers the gift of time...

*how will you spend it?*

**We'll help you every step of the way.**

**Offering a continuum of care for seniors:**

- > Independent Living
- > Assisted Living
- > Memory Care
- > Rehabilitation

**Call 608-663-8600 or email**  
[madisonsales@oakparkplace.com](mailto:madisonsales@oakparkplace.com)  
718 Jupiter Dr., Madison, WI 53718  
[oakparkplace.com/madison](http://oakparkplace.com/madison)



**SUPPORT OUR  
ADVERTISERS!**

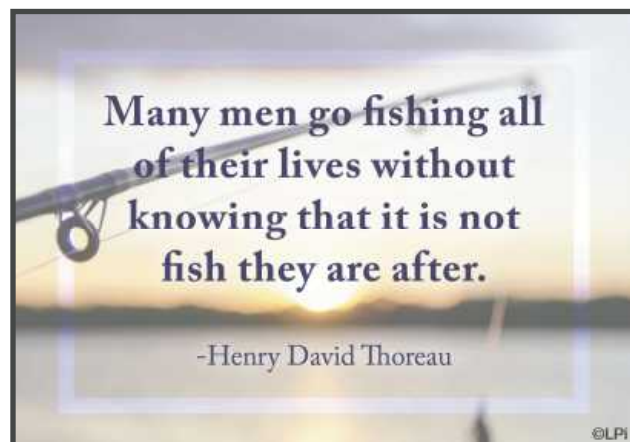



## Groucho's Upcoming Zoom Gathering



As many of you know there is a small group of area senior men that have been getting together for coffee, conversation and socializing. Their gathering is held on the first Wednesday of each month at 10:00 am, a tradition that began more than eleven years ago. They look forward to once again meeting face-to-face, but for the present they meet on Zoom.

The next meeting will be 10:00 am on Wednesday, June 2nd. If you would like to join in please contact Dennis Jenkyns at 221-8416 or [jenkyns@charter.net](mailto:jenkyns@charter.net). Dennis will send you the Zoom link for the continuing get-togethers. No agenda, just listening ears, friendship and chit chat.



## Zoom Open Lab with Dan

Tuesdays, June 1st & 15th  
1:00 or 2:00 p.m. appointments

Work with Dan one-on-one via Zoom to answer questions you may have about your Apple or Microsoft computer, tablet or phone. Space is limited for each day and time slot. Be prepared to share your help topic when registering.

Call 222-3415 to make an appointment and leave your email address so we can send you the Zoom link.



## Monona Library Friday Morning Book Group (on Zoom)

Friday, June 18th from 10:00 - 11:30 a.m.

The Friday Morning Book Group focuses on thought-provoking and enjoyable reads in a variety of genres, including both fiction and non-fiction. This is a casual, drop-in group, so please join when you can! This book discussion will take place on Zoom, and will be limited to 15 participants. If the session is full, please register for the waitlist so a second session can be assessed.

The June book is: *Here Comes the Sun* by Nicole Dennis-Benn.

Regular print, large print and book on CD copies will be available at the library for pick-up. Contact Amelia for more information at [amelia@mononalibrary.org](mailto:amelia@mononalibrary.org) or 216-7454.



## Friends Group Gardening Committee



The Garden Committee of the FRIENDS of Monona Senior Center planted its first trees in the top tier of the Step Up Garden, a Dwarf Barlett Pear and a Dwarf Clapp's Favorite Pear from Jungs Seed and Plant Company. They also planted their first mail order plant and first bush, a Sensation Lilac from Spring Hill (deep purple blooms with white edges) in that same tier 3 garden.



Their very first mail order purchase, a soaker hose, arrived in early May. All these purchases were made possible by a \$50 and a \$500 anonymous donation. The Gardening Committee appreciates donations in kind (plants, mulch, etc.). New volunteers, like Kaye Hernon and Kristin Chapman, are cherished.



**Volunteers needed to help with weeding and watering! Call 222-3415 if interested in helping!**

Thanks for your purchases and donations at the Mothers Day Gift Sale. The proceeds will be used to buy the first bird bath.



## Have Medicare questions? I have answers.

**Dawn Guimond**  
Licensed Sales Agent  
(608) 215-5216, TTY 711



Y0066\_21SPRJ55188\_C

## Stay in your home!

Straight Railed  
& Curved Stairlifts

**Call for a  
FREE  
in-home  
estimate  
today!**



**MIDWEST HYDRAULIC SERVICE  
& EQUIPMENT CO., INC.**

**1925 East 4th Street  
Grand Island, NE 68801**



**Carol 308-381-8220**

**www.themobilityexperts.com**  
midwesthydraulic@qwestoffice.net



**HASKINS  
SHORT &  
BRINDLEY LLC**

5113 Monona Drive  
Monona, WI 53716  
Phone: 608-237-6673  
Visit: [www.HSB ElderLaw.com](http://www.HSB ElderLaw.com)

### Areas of Practice

Estate Planning  
Elder Law  
Probate  
Guardianship  
Special Needs (Disability)  
WisPACT Trusts  
Real Estate  
Medicaid/Medicare  
Family Law  
VA Accredited  
Social Security/Disability

### Attorneys:

Brenda R. Haskins • Julie A. Short  
Anne M. H. Brindley • Anna M. Dontje  
Amy R. Devine • Amanda Pirt Meyer  
**50+ years combined experience!**

## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



**SafeStreets**

**1-855-225-4251**

## Monona Meadows

A Retirement Housing Foundation® Community

250 Femrite Drive  
Monona, WI 53716

**608-221-4422**

**Call for your personal tour today!**



# HAPPENINGS!

## In Person

### Bird & Nature Adventure

Wednesday, June 16th at 1:30 p.m.

#### Madison FUN Bird and Nature Adventures

Guided walk at Aldo Leopold Nature Center.

#### June Topic:

Blooming Plants and the insects that live with them.  
Magnifiers will be provided for a closer look.

**The walk begins at 1:30 p.m.**

**Meet at the Aldo Leopold Parking Lot**  
and commence on our FUN adventure.

**Call the MSC at 222-3415 to sign-up**



## Senior Farmer's Market Vouchers

The Area Agency on Aging of Dane County offers vouchers to older adults for use in purchasing \$25 worth of fruit, vegetables or herbs at farmers' markets. The vouchers are distributed on a first come/first served basis to those 60 and older, who have gross income under \$23,838 per year (\$1,986/month) for a one person household and \$32,227 - \$2,686/month) for a two person household, and live in Dane County. By the end of May, past participants will receive an application in the mail along with instructions for this year's program. For those who have never participated in the program and wish to apply, contact **Shannon Gabriel, AAA Dietitian at 608-261-5678**. Once your application has been received and approved, vouchers will be mailed, starting June 1st.

## Safety Presentation with Monona Fire Department

Friday, June 11th at 10:00 a.m. at the Fireman's Park Shelter



Join Brian Zwettler, FF/Paramedic from the City of Monona as he covers these important topics:

- The **Vial of Life** program.
- Hazards around the house like making sure your care is turned off before entering your house (newer cars are very quiet).
- Talk about fire extinguishers (do you have one or do you need one?)
- Smoke detectors and carbon monoxide detectors (are they old, have you put in new batteries?)
- Does everyone know what the fire department covers?
- Team members and equipment will be present



Bring your questions and your chair to the park.  
Limited indoor space in case of rain.  
To register call 222-3415.



## Monday Morning Quilters

Monday, June 14<sup>th</sup> from 10:00 – 11:30 a.m. at the Oneida Park Shelter in Monona

Join your fellow quilters for our outdoor gathering at Oneida Park Shelter in Monona. Feel free to bring your own chair, restrooms are available. There is parking available at the shelter. Directions to Oneida Park shelter are as follows: Take Nichols Road past the Community Center going west. At the stop sign, turn left onto Winnequah Road. One half mile down the road, you will take a slight right into Winnequah Trail followed by a left onto Tecumseh Ave. The park will be on your right.

There is no need to call ahead. Just show up at the park.



## Make Music Madison

Monday, June 21st at 4:00 p.m.

Warner Park, 2930 N. Sherman Avenue

Sheri Pittman featuring Steve Roberts



Sheri Pittman has been singing with the Unity of Madison Jazz Band for the last 20 years. She uses her surprisingly powerful voice to deliver smoothly sung Jazz and Blues tunes as well as standard torch songs and an occasional original.

Steve Roberts has worked with Sheri in the Unity of Madison Jazz Band as the piano player. He has performed in several Madison jazz combos and worked at solo gigs over the last 40 years. Steve will also throw in a ragtime number when the mood strikes him.



400 E. Broadway

Sundays, May – October

8:30 a.m. – 12:30 p.m.

Over 30 vendors will offer top quality fresh, local produce, meat, cheese, eggs, honey, baked goods, salsa, spices and more. Based on Public Health Madison & Dane County guidance, the Market will follow these guidelines:

- Masks are required for all vendors, volunteers and patrons over the age of 5 because it is not possible to maintain physical distancing at all times at the Market.
- There will be an entrance and exit with hand washing stations for vendors and customers.
- This is a one-way, walk-through market to keep foot traffic moving – feel free to go around as many times as you want.
- Vendors will be spaced to allow customers to maintain safe distance.
- There will be no picnic tables, no food sampling or eating at the market.
- Only vendors will touch products until sold.



## Caregivers Support Monthly Caregiver Support Groups

**Memory Care Connections:** Memory Care Connections is an evidence-based support program for family caregivers that helps them provide care for their loved ones while maintaining their own health and well-being. Family consultations are available in the ADRC office or in a location that is most comfortable for you. Toll-Free: 855-417-6892

The AAA publishes a monthly newsletter **Caregiver Chronicles** to provide Dane County Caregivers with useful information and resources.

To subscribe: Call Jane Debroux at 608-261-5679 or email [debroux.jane@countyofdane.com](mailto:debroux.jane@countyofdane.com)



Monona Senior Citizens  
1011 Nichols Road  
Monona, WI 53716

PRSRT STD  
US Postage  
**PAID**  
Permit #1796  
Madison, WI



The Monona Senior Center is accredited by the Wisconsin Association of Senior Centers.



# Table of Contents

For Your Information ..... 2

“Friends” ..... 3

At the Center Activities ..... 4

Fun & Fitness ..... 6

Volunteerism ..... 8

Calendar..... 9

Never Stop Learning..... 11

For Your Health.....14

Virtual Offerings.....16

Gardening .....17

Happenings. ....18

Around Town.....19

